



HARVEST BOUNTY
RUSTIC STUFFED
ACORN SQUASH
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HOME SWEET HOME
GETTING IT RIGHT
THE FIRST TIME
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THE END
OF AN ICON
STEVE JOBS
DEAD AT 56
{page 10}



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Thursday, October 6,
2011
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News worth
sharing.

PHOTO ILLUSTRATION: DAVID VAN DYKE/GETTY IMAGES

Group of seven



► For the first time in 15 seasons
Canada has seven NHL teams
again ► NHL preview {pages 33-36}



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IT'S *Good* TO BE *Home.*



He could smell the turkey the moment he woke up. It made him smile and that was something he hadn't done for weeks. "What's to smile about?" he thought. He was in a new neighbourhood, going to a new school. All his friends were gone. Everything was new. Unfamiliar. He went down for breakfast. His dad was hovering over the oven, hoping that his presence would make the turkey cook faster. "Hurry up with breakfast," his dad said, "we've got stuff to do".



On the way out, his dad grabbed 2 hockey sticks. They walked down the new street and over to a walking path. His dad was smiling and saying 'hello' to everyone he met. Not him though. He had his hands jammed in his pockets and his eyes on the ground. He didn't even look up when his dad said; "Wow! Look at those beautiful fall trees".



He could hear the game long before he could see it. It's the sound of every ball hockey game played everywhere. Kids and dads yelling and laughing and groaning when the other team scores. His dad handed him a stick and said; "You know, you're going to miss an awful lot of good things if you just walk around staring at the ground. Let's get in the game." He was right. That's the thing about dads. Sometimes they bug you but most times, they're right.



New friends were made that day and promises were made to get together for a game on the weekend. Plus he still had the turkey dinner with all his favourite relatives to get home to. "Hey," he thought, "this move here is a good thing. I love our new house and the school is pretty good, as far as schools go. Plus mom and dad seem real happy."

He smiled. It was good to be going home.



Happy Thanksgiving!



mattamyhomes.com



JESSICA SMITH/METRO

► Christian Laurin and Lisa Meeds pose with their pet micro pig Bella on their front stoop yesterday.

Pig won't do, city bylaw says

► Bella, the 13-month-old teacup pot-belly pig, is well-behaved, according to owners



JESSICA SMITH
@METRONEWS.CA

An Ottawa couple is hoping the city will change a bylaw to let them keep their pet — a 13 month-old micro pig named Bella, who likes nachos, slow walks and lying in the sun.

"Full grown, she's like a medium-sized dog," said her owner Christian Laurin. "She's fully house trained, we walk her like any dog."

Laurin and his fiancée Lisa Meeds are trying to fight a bylaw order to get rid of Bella or move outside of the city limits. Swine, including micro pigs, are considered "livestock" by the city and it is against a bylaw to keep livestock in residential zones.

Laurin argues Bella doesn't fit the definition of livestock, because she isn't raised to do work or be eaten, she's just loved as a pet.

Bylaw complainants

aren't named, but the couple believes the initial complaint came from a neighbour.

"It all started because of one vindictive neighbour who keeps calling bylaw on everybody," said Laurin. "It wasn't that the pig was a nuisance, destroyed property, or we didn't pick up after her, it was just that we had one."

Laurin and Meeds say they don't use a leash when they walk Bella — but she's a slow mover who keeps right by their

"I love that pig. She is a family member. She has so much character, you have no idea."

OWNER CHRISTIAN LAURIN

side.

They are fighting the order in court and have been given time to lobby city hall to change the livestock bylaw to make an exception for micro pigs. Bella's vet and other neighbours have written

letters of support about the good care she receives.

They've contacted their city councillor, Peter Hume, but a member of his office staff said they couldn't help, said Meeds.

Bella's situation isn't life or death.

"We'd move before getting rid of her," said Laurin.

"We'd move outside of the city limits."

Hume was not immediately available for comment.

1
news



Wall Street protest swells as union members, college students join the clamour. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

OPP released a YouTube video about the hit-and-run death of 18-year-old Jessica Godin of Casselman in hopes that it will prompt tips from the public. Video at metronews.ca

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ANIMAL CRUELTY

Woman who starved puppy to death a no-show for sentencing

An Ottawa woman is wanted after she skipped court on the day she was handed a 10-month jail sentence for animal cruelty.

A judge sentenced Madeleine Girard on Oct. 3 after she let her approximately 10-month-old pointer-type puppy starve to death, according to the Ottawa Humane Society (OHS).

It's Ontario's first-ever jail sentence for animal cruelty under the OSPCA Act, according to the humane society.

"This is a pretty extreme case. We often

run across animals that are abandoned, but they're alive ... but certainly not perished like this," said OHS inspector Miriam Smith.

The dog was found emaciated in the front hall of the Heatherington Avenue apartment, Smith said.

The dog had no recognizable food material in his digestive tract — only what appeared to be a pair of jeans he found and ate in the dirty apartment, Smith said.

Smith said Girard, who is in her late 30s, was the only person on the lease, but she does not know if she was actually living there.

The neglect was so severe that the judge handed Girard a stricter sentence than the six-months the prosecutor had initially asked for.

Girard failed to appear in court on the day of sentencing, according to court records.

● JESSICA SMITH

Blaze at home of British High Commissioner quelled

► Substantial damage to the interior of the historic building ► Crews moved paintings, artifacts and other contents to protect them from the fire

SCOTT STILBORN/OTTAWA FIRE SERVICES/THE CANADIAN PRESS



► Firemen work on the roof of the British High Commissioner's residence in Ottawa after fire broke out Tuesday night.

Ottawa firefighters quickly got control of a blaze Tuesday night at the residence of the British High Commissioner to Canada, a historic building where Canada's first prime minister, Sir John A. Macdonald, lived from 1883 to 1891.

The blaze was reported at 7:30 p.m. and fire department spokesman Mark Messier said that it was confined to the attic.

He said British high commissioner Andrew Pocock, his wife and two other adults were outside the building when crews arrived.

Damage has been estimated at \$250,000, said Messier.

Foreign Affairs Minister John Baird was returning to

his office across the road from the residence and stopped when he saw the fire trucks.

He was allowed past the yellow security tape and into the mansion to meet with the envoy.

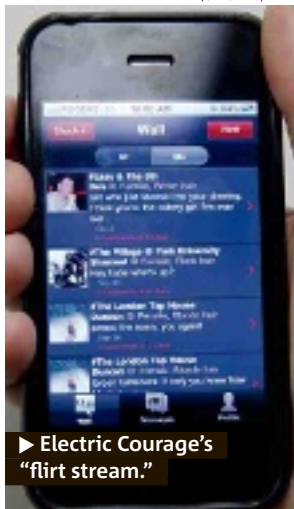
"This is a really important building for Canadian history," Baird told reporters later.

"We're thrilled and very thankful that no one has been injured."

The Victorian manor at 140 Sussex Dr. has been the official residence of the British High Commissioner since 1930. It is one of Canada's most prestigious addresses. Prime Minister Harper and the French ambassador are neighbours.

THE CANADIAN PRESS

JOE LOFARO/METRO



► Electric Courage's "flirt stream."

Too shy to flirt? Relax, get 'app'-y

A new app for smartphones is taking flirting to a whole new level, and this week bars in Ottawa will encourage guests to really break the ice.

Called Electric Courage, it lets users check into a bar and flirt with someone they find attractive. They can post messages such as, "@female with red hair, you just walked past me and smiled. Can I buy you a drink?" with hopes that the intended recipient reads

them in the app's real-time "flirt stream."

"Making that first connection is not always as easy as walking up and introducing yourself," said Electric Courage CEO, Duncan Bays.

The 23-year-old University of Western Ontario grad helped develop the app with friends Holly Smith, Shahed Al-Haque, and Jean-Philippe Leroux. The Toronto-based firm is throwing launch parties to promote

the app, which is available on iPhone and BlackBerry smartphones, and soon Android.

Mambo Neuvo Latino will be the first Ottawa venue to promote it on Thursday by having early adopters wear glow stick necklaces as they flirt. Other bars including Tila Tequila, Mansion, and Sotto will host Electric Courage parties Friday and Saturday.

● JOE LOFARO



The Catholic Immigration Centre and World Skills are offering a **FREE** program to assist International Medical Doctors to pass the Canadian medical licensing exams and obtain medical residency.

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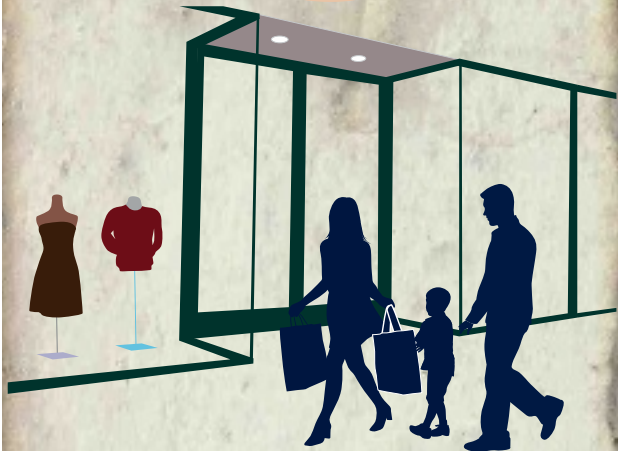


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06

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THURSDAY, OCTOBER 6, 2011

Canucks, Dutch unite on a vision for the city

► Competition part of annual Design for the Future project with Canada and the Netherlands



JOE LOFARO
@METRONEWS.CA

Brendan Bakker is one of a handful of Dutch exchange students who are in Ottawa this week to give Carleton University architecture students pointers on how to make Ottawa more sustainable.

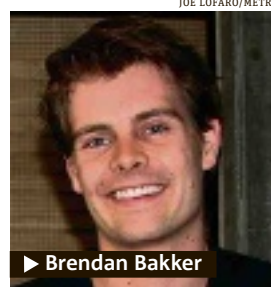
Four teams of four students from Carleton's Azrieli School of Architecture and Urbanism, each with their own Dutch exchange student, will design a computerized model of how they would revitalize the brownfields near the intersection of Preston and Somerset streets.

A master's student from the Technical University of Delft in the Netherlands, Bakker will integrate his vision with that of the other students to ensure the model is sustainable.

"What is nice is to combine those two visions," said Bakker.

"Maybe that's what the future city is. You get more knowledge, collaboration, and more experience from different parts of the world."

Bakker has had less than three days to work on



► **Brendan Bakker**

"Not a lot of buildings have a lot of (natural) light, like this building. That's what we found really strange, in Holland it's illegal. You would not be allowed to sit in an office like that."

BRENDAN BAKKER, EXCHANGE STUDENT, ON OTTAWA ARCHITECTURE

the project, but hopes his mix of housing, commercial buildings, parks and trees will win over the judges.

Mayor Jim Watson will announce the winner this morning at Carleton's Architecture Building.

Delicate. Design



► **Kadija Anton models a dress made from bathroom tissue designed by local couturier Richard Robinson.**

JOE LOFARO/METRO

Taking a twist on tissue

Robinson was one of the 15 top Canadian Fashion Designers chosen to design the 2011 White Cashmere Collection, original designs made of bathroom tissue.

Sod turned for new rink

The City of Ottawa broke ground on its Rink of Dreams — a project to create an open-air ice rink in Marion Dewar Plaza outside City Hall.

"Today is a proud day for all of us," said Ottawa Senators president Cyril Leeder, who said he approached city council and Mayor Jim Watson after seeing a similar project in Montreal in 2009 while at-

tending an NHL All-Star game. The \$1.25-million rink will be about three quarters of the size of an NHL rink, or 12,500 square feet, and is now expected to be completed by January after some small changes were made to the design.

The Senators Foundation raised \$1 million for construction and Ottawa has agreed to contribute



► **Dignitaries from The Ottawa Senators Foundation, Hockey Canada, and city council gather yesterday for a sod-turning ceremony.**

SEAN MCKIBBON/METRO

\$250,000 to its construction. Annual operating costs are expected to be about \$200,000.

Watson said the rink

will break up the barren, windswept plaza and give people a fun reason to go to city hall.

► **SEAN MCKIBBON**

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purchases made prior to October 6th.

News in brief



DAVE MARTIN/THE ASSOCIATED PRESS

U.S. town's Oktoberfest finally gets wet

CELEBRATION. A north Alabama town marked Oktoberfest for decades with no beer. But, last Monday, organizers tapped a keg for the first time ending a long-running autumn prohibition. Jason Hicks enjoyed a beer with his wife as German music played in the background. "Before it was just two old guys dancing," said Hicks, 30. "It's not about the beer now, but it adds something."

THE ASSOCIATED PRESS

Palin won't run for president

POLITICS. Former Alaska Gov. Sarah Palin says she will not run for president.

Palin said in a statement that she and her husband Todd "devote ourselves to God, family and country." She said her decision maintains that order.

Palin often hinted that she might run for president in 2012 but never committed herself.

THE ASSOCIATED PRESS

Student hacked PM's Twitter

INTERNET. Thai authorities have arrested a university student who reportedly confessed to hacking the Twitter account of the country's prime minister.

The 22-year-old posted several tweets accusing the government of incompetence and cronyism.

THE ASSOCIATED PRESS

Clock ticking for justice

► German prosecutors determined to convict Nazi death camp guards ► Fewer than 1,000 suspects alive

MATTHIAS SCHRADER/THE ASSOCIATED PRESS



► Former Nazi camp guard John Demjanjuk waits in a Munich courtroom in this May 12, 2011 photo. German prosecutors have reopened hundreds of dormant Nazi investigations after his conviction set a new precedent.

In a final quest to bring Holocaust participants to justice, German authorities have reopened hundreds of dormant investigations of Nazi death camp guards — men who are now so old that time has become "the enemy" for prosecutors hurrying to prepare cases.

The efforts could result in new prosecutions nearly seven decades after World War II.

Special Nazi war-crimes investigators reopened the files after the conviction of former U.S. autoworker John Demjanjuk, whose case set a new legal precedent in Germany.

It was the first time prosecutors had been able to convict someone in a Nazi-era case without direct evidence that the suspect participated in a specific killing.

Now authorities are weighing whether the same approach could be used to pursue others, said Kurt Schrimm, the prosecutor who heads the investigation unit.

Given the advanced age of the suspects, investigators are not waiting until Demjanjuk's appeals are decided.

Elan Steinberg, vice-president of the American

"Time is the enemy here."

ELAN STEINBERG, AMERICAN GATHERING OF HOLOCAUST SURVIVORS AND THEIR DESCENDANTS

Gathering of Holocaust Survivors and their Descendants, welcomed the news and urged prosecutors to act quickly.

"As our numbers, those of the victims, have also rapidly dwindled, this represents the final opportunity to witness justice carried out in our lifetimes," he said.

The Simon Wiesenthal Center's top Nazi-hunter, Efraim Zuroff, said he would also launch a new campaign in the next two months to track down remaining Nazi war criminals.

He said the Demjanjuk conviction has opened the door to prosecutions he never thought possible before.

THE ASSOCIATED PRESS

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Apple founder Steve Jobs dies

► Cause of death not given

Steve Jobs, the Apple founder and former CEO who invented and masterfully marketed ever-sleeker gadgets that transformed everyday technology, from the personal computer to the iPod and iPhone, has died. He was 56.

Jobs had battled cancer in 2004 and underwent a liver transplant in 2009 after taking a leave of absence for health problems.

Jobs started Apple with a high school friend in a Silicon Valley garage in 1976, was forced out a decade later and returned in 1997 to rescue the company. During his second stint, it grew into the most valuable technology company in the world with a market value of \$351 billion.

Cultivating Apple's coun-



► Apple co-founder Steve Jobs in 2000.

tercultural sensibility and a minimalist design ethic, Jobs rolled out one sensational product after another, even in the face of the late-2000s recession and his own failing health.

He helped turn computers into a necessity of modern life at work and home, transforming the cellphone and music industries in the process **THE ASSOCIATED PRESS**

Atlantic. Storms



► A wind surfer takes advantage of high winds in Herring Cove, N.S., yesterday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Where the wind blows

Parts of the Atlantic region saw heavy rains and gusting winds yesterday, bringing power outages and ferry cancellations across the East Coast.

Ottawa to match Africa donations

The federal government says Canadians have donated \$70 million to help fight the drought in Africa and that it will keep its promise to match that amount.

International Co-operation Minister Bev Oda said yesterday that the contribution will boost government spending on drought relief to \$142 million.

Oda hailed the contribution of Canadians.

"In every major crisis, Canada has, through various channels, helped pro-

vide food and needed vitamins and supplements to the victims in need," she told a Montreal conference on food security.

"Once again, it looks like Canadians have demonstrated their compassion and generosity."

The Canadian donations to registered charities were made between early July and mid-September. The dollar figure is only a preliminary estimate, with the final amount still being tabulated. **THE CANADIAN PRESS**

Opposition urges border deal openness

Opposition MPs are urging the federal government to openly discuss its new perimeter security deal with the United States.

The Canadian Press has learned Ottawa's new perimeter security deal comes with a \$1-billion price tag for new border facilities and programs to smooth the flow of trade and travel.

The prime minister says talks with Washington continue. **THE CANADIAN PRESS**

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Speculation still surrounds Knox

► Judge who acquitted defendant: American might know the 'real truth' about murder of British student

ELAINE THOMPSON/THE ASSOCIATED PRESS

The Italian judge who was part of the jury that acquitted Amanda Knox said yesterday the American and her ex-boyfriend might know the "real truth" about who killed her British roommate.

Judge Claudio Pratillo Hellmann said in a state TV interview that "maybe" the two defendants know what happened in the 2007 slaying of Meredith Kercher in the home the two women shared in Perugia, the Umbrian town where they were students.

Hellmann, who was also one of the eight jurors, said "the real truth could be different."

But based on trial evi-



► Amanda Knox

dence the jury acquitted them, he said.

In Italy, the presiding

judge is part of the jury, along with another judge and six civilians.

In his first public comments since Knox and her Italian co-defendant, Raffaele Sollecito, were acquitted Monday night, the judge stressed on state TV that the verdict was the fruit of "the truth that was created in the trial."

Knox and Sollecito have vehemently denied wrongdoing in Kercher's murder. Knox flew home to Seattle on Tuesday, her first full day out of jail since she was arrested a few days after the murder. Sollecito was resting at his family home, his lawyers said.

THE ASSOCIATED PRESS

Today is Election Day.

Polls are open from 9 AM to 9 PM ET / 8 AM to 8 PM CT.

To vote in this election, you must be:

- 18 years of age or older on October 6
- a Canadian citizen, and
- a resident of Ontario

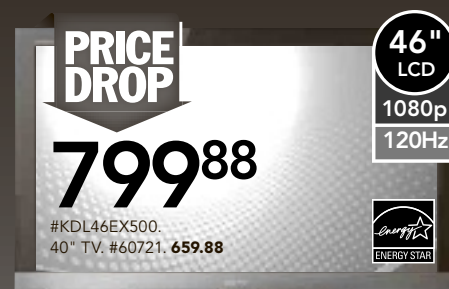
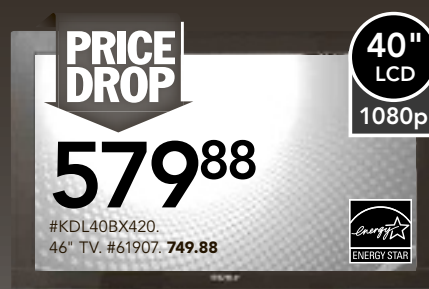
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Smitten duchess weds commoner

► Estimates of her wealth range from \$600 million to \$3.5 billion ► Groom only earned \$1,500/month

A wealthy 85-year-old Spanish duchess considered the world's most title-laden noble married a civil servant 25 years her junior yesterday, shrugging off her children's qualms and celebrating by kicking off her shoes and dancing flamenco.

A crowd of several hundred clapped and roared its approval as the Duchess of Alba waved, smiled and danced on a red carpet after her wedding to Alfonso Diez at Palacio de las Duenas, her 15th-century residence in the cobblestoned old quarter of Seville.

Diez stood close by in a dark suit, smiling and holding an outstretched arm at the ready, as if to catch his bride if she stumbled. The duchess hiked up her dress as she performed a few whirling steps of Spain's

"I have been alone in this project, and got nothing but negative opinions until they realized what kind of man he is."

**DUCHESS OF ALBA
ON HER FAMILY'S REACTION**

quintessential art form in the city perhaps best known for it.

With her frizzy white hair, squeaky voice and wildly colourful clothes, the duchess is among Spain's most famous people. Only a few dozen family members and close friends were invited to the ceremony.

The twice-widowed duchess wore a salmon, shin-length dress by Spanish designers Victorio & Lucchino.

Her full name — take a

deep breath — is Maria del Rosario Cayetana Alfonsa Victoria Eugenia Francisca Fitz-James Stuart y de Silva. She goes by simply Cayetana, and is a distant relative of Queen Elizabeth and Winston Churchill.

She and Diez, a social security administration employee, are old acquaintances through her second husband, who was a former Jesuit priest, and Diez's brother, an antiques dealer. They bumped into each other about three years ago outside a movie theatre in Madrid and eventually started dating.

Her six children, all from her first marriage, reportedly balked when the idea of marriage emerged. In July of this year, the duchess assigned them and her grandchildren juicy chunks of her vast estate, like mansions and palaces, in an effort to



► The Spanish Duchess of Alba and her new husband, Alfonso Diez, walk out of the chapel after their wedding at Las Duenas Palace in Seville, yesterday.

appease them and clear her way to the altar.

Diez will be entering a new world, although he has reportedly signed a document renouncing any claim to the House of Alba wealth. Now he will live in splendor

as a duke, reportedly with plans to take a leave of absence from his day job, although the noble title will pass on to the duchess's eldest son, Carlos, when she dies.

THE ASSOCIATED PRESS

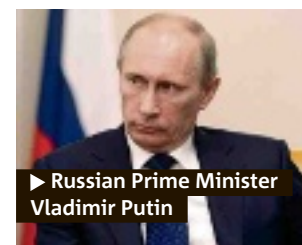
Putin fakes treasure find

The widely publicized incident in which Russian Prime Minister Vladimir Putin pulled up ancient Greek jug fragments from the seabed on a diving expedition was staged, his chief spokesman said.

The August dive in the Kerch Strait was reported extensively in Russian and overseas media. Putin is noted for his habit of appearing in adventurous settings, including fishing while stripped to the waist and riding with leather-clad motorcyclists.

His spokesman said the jugs had been found earlier by archaeologists and placed there for Putin.

THE ASSOCIATED PRESS



► Russian Prime Minister Vladimir Putin

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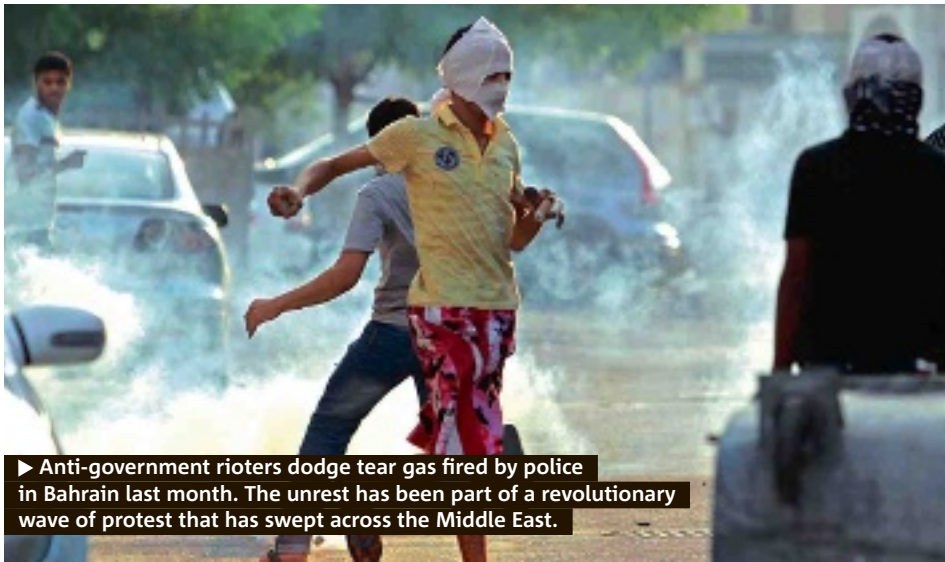
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THE ASSOCIATED PRESS FILE



► Anti-government rioters dodge tear gas fired by police in Bahrain last month. The unrest has been part of a revolutionary wave of protest that has swept across the Middle East.

Bahrain buckles

► Doctors and nurses who treated protesters will get a new trial ► Sentences sparked international outcry

Twenty doctors and nurses sentenced to jail in Bahrain got a dose of soothing medicine yesterday.

Bahrain buckled under international pressure and ordered a retrial for the 20.

The medical personnel had been sentenced by a special security court to jail terms from five to 15

years on theft and other charges. Observers saw it as a reprisal for treating protesters injured during the unrest in Bahrain.

The verdicts provoked high-level questions about judicial fairness that included statements from the United Nations secretary general, the U.S. State Department and human

rights groups.

Now Bahrain is moving the trial to a civilian court — allowing the doctors and nurses to remain free pending the new trial.

Attorney general Ali al-Boainain said: "The retrial will be conducted before the highest civil court in Bahrain."

THE ASSOCIATED PRESS

Thank You Ottawa!

On Sunday, October 2, Canadians in 60 communities across the country participated in Canada's largest single-day, volunteer-led event in support of breast cancer research, education, awareness and advocacy.

Thanks to your commitment and support, \$1.64 million was raised locally and over \$30 million was raised nationally to fund relevant and innovative breast cancer research and health promotion initiatives.

Together, we walked, ran, and gave generously towards our vision of creating a future without breast cancer.

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Netflix dodges regulation calls

► No proof that online service has led to drop in TV subscriptions

Online services like Netflix won't be subject to Canadian regulations because there's no clear evidence that consumers are cutting the cord on their cable or satellite TV subscriptions, the CRTC said yesterday.

Online and mobile programming is complementary to the television content distributed by cable, satellite and broadcast systems, the CRTC said.

"There is no clear evidence that Canadians are reducing or cancelling their television subscriptions," said a news release.

"Some online programming services have established viable business models and are competing in the marketplace for programming rights and viewers," the CRTC said.

1M

U.S.-based Netflix has attracted more than one million Canadian subscribers since beginning its online service in this country about a year ago.

The CRTC did not mention Netflix by name, but a 40-member group from the telecommunications, broadcasting, cable and satellite and production sectors had asked the regulator to hold consultations on services like Netflix.

The CRTC acknowledged it hasn't been able to accurately gauge consumer behaviour.

THE CANADIAN PRESS

Greek. Action



► Riot police detain a man in Athens yesterday. At least 16,000 protested in the Greek capital, and about 10,000 gathered in the city of Thessaloniki.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Greece brought to halt

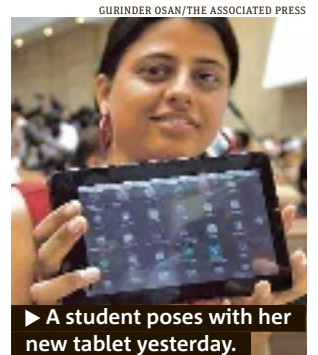
Civil servants joined protests by walking off the job during a 24-hour strike yesterday, crippling the public sector over ever-deeper austerity measures.

Indian villagers getting 'cheap' tablet computers

India introduced a cheap tablet computer yesterday, saying it would deliver modern technology to the countryside to help lift villagers out of poverty.

The computer, called Aakash, or "sky" in Hindi, is the latest in a series of "world's cheapest" innovations in India that include a \$2,040 compact Nano car, \$15 water purifier and \$2,000 open-heart surgery.

Developer Datawind is selling the tablets to the government for about \$45 each, and subsidies will reduce that to \$35 for students and teachers.



► A student poses with her new tablet yesterday.

Datawind says it can make about 100,000 units a month at the moment, not nearly enough to meet India's hope of getting its 220 million children online.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 279.30 (11,457.22)	+ 1.34¢ (96.14¢ US)	- \$4.01 US (\$79.68 US)	\$3.57 (- 6.8¢)
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ADVERTISING FEATURE

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Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

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LET'S TALK ABOUT BIRDS AND BEES

HE SAYS ...

JOHN MAZEROLLE
METRO



Listen up, parents. It's time you had a frank discussion with your children about — well, you know, doin' it.

My province is in election mode and sex education became a topic during the campaign, thus proving those "SEX! Now that I've got your attention..." campaign signs my fellow students used in junior high elections were an accurate reflection of our political system.

Regardless of your thoughts about sex-ed in school, we can all agree that sexual education begins at home. (My parents never talked to me about it, but they got cable for the TV in my room, which had the same basic effect.)

It's a problem every generation faces.

When kids ask about sex, parents must first ask questions of themselves: How do I change the subject? How tightly do I plug my ears? Are they ready for the

"when two people love each other" lie? Or do I stick with the stork? And so on.

But your kid is going to have sex sooner or later (take a moment here to get your heart started again), so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender and all those other fun facts your kids are just

"...so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender..."

clamouring to know.

To help, here are a few tips:

- Remember that you and your children probably have different ideas about what makes for a proper sexual education. They may be expecting Cosmo-style lessons like "57 positions that drive him wild" and "Proper hickey removal," but it's important you stay the course and stick with such adult classics as "Triplets: More common than you think" and "Herpes: Your life-long friend."

- Speak in terms they can understand. For example: "Son, if you sleep around when you're drinking, you're going to end up with fat girls. Other people will hear about it, and suddenly everyone's yearbook write-up will mention how you sleep with fat girls. Now, do you want that?"

- Never be afraid to rap. Kids love rap. A clever rhyme scheme based on a simple message like "Hold on to your hormones" will let your children know that you can riff on bodily functions just like Eminem.

- Explain how sex leads to marriage in much the same way that, in the Star Wars movies, anger leads to the Dark Side.

Now you're prepared. With these tips, you'll be able to share with your offspring in elaborate and sometimes graphic discussions.

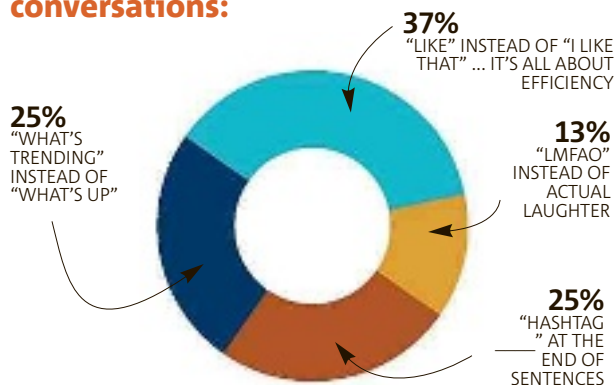
Or, barring that, just get them cable. It'll do the rest.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

What online language would you most like to see adopted in real conversations:



Worth mentioning

During high season in the Kenyan luxury resort area of Lamu, foreign tourists snorkel by day and sleep in rustic dwellings with woven coconut leaves for doors. Now they're leaving town early and cancelling reservations after gunmen kidnapped two Europeans and killed another in only a month.

Already, droves of workers who depend on tourism in this gorgeous but poor corner of East Africa are losing jobs.

Hours after a French woman was abducted last weekend, eight guests checked out of Stefano Moccia's nearby hotel and hurriedly boarded a plane. Usually busy taxi boats now lay idle along the coasts.

"This season is over. That is for sure," said Stefano Moccia, who has fired nearly half his 100 staff in just two days.

Nervous hotel owners like Moccia are urging Kenya's government to step up security in this area long popular with tourists and rich Kenyans. High tourist season traditionally begins here in November, but the \$1,800 US-a-night rooms could sit empty and the beaches bare.

THE ASSOCIATED PRESS

Changing. Gears



► A bicyclist enjoys the unseasonably warm weather — nearly 27 C — as he rides past vivid fall colours near Lake Nokomis in Minneapolis yesterday.

JIM MONE/THE ASSOCIATED PRESS

Photo of the day Ottawa's forecast for today is sunny with a high of 12 C. Tonight's expected low is 0 C.

WEIRD NEWS

Higher purpose for grow-op equipment

Equipment seized from a U.S. marijuana operation is going to be used to grow a different kind of herb — and vegetables, too.

Delaware County District Attorney G. Michael Green tells The Philadelphia Inquirer the equipment taken in May from a sophisticated marijuana growing oper-

ation will go to Cheyney University and a Philadelphia community development corporation's Urban Food Lab.

Authorities say the raid at a former Chester drugstore yielded industrial generators, grow lights and hydroponic plant containers.

The Inquirer report says Partnership CDC's Urban Food Lab grows greens, lettuce, peppers and broccoli. An on-campus business at Cheyney already uses hydroponic techniques to grow basil that's sold to local supermarkets.

Cheyney professor Steven Hughes puts the value of the donated equipment at tens of thousands of dollars.

THE ASSOCIATED PRESS



► The show will be in Ottawa from tomorrow through Sunday at Scotiabank Place. Tickets start at \$50.

Cirque du Michael Jackson

► World famous stage production making stop in Ottawa ► Show pays tribute to King of Pop

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



After making its world premiere in Montreal this past weekend,

Cirque du Soleil's latest touring production, Michael Jackson: The Immortal World Tour makes its next stop right here in Ottawa.

Before the premiere, details of the show were kept

under wraps, but now the secret is out.

Cirque du Soleil publicist Maxime Charbonneau says, for everyone involved, it's been a long time coming.

"From the original meeting about this show, we've been in creation for almost a year and a half," he explains.

In order to develop the concept, the show's director, artistic director, costume designer and other production visited Jackson's famous Neverland Ranch in California.

"They all went to Neverland and kind of walked

around, met with people who knew Michael and got inspiration for the show," Charbonneau says.

That inspiration must have been huge because the show is now one of the largest in Cirque history.

"We're about 65 artists," Charbonneau explains. "It's probably the biggest touring production Cirque du Soleil has ever created. We play in front of a full arena. In Ottawa, that will be about 12,000 people."

The performers have been training for the last five months, working diligently to respectfully and uniquely pay tribute to the

late King of Pop.

"We don't have a Michael Jackson on the stage," says Charbonneau. "But people will feel Michael's presence by his music, by the dance and the choreography."

And, of course, that includes a lot of familiar dance steps.

"You cannot redo or change the choreography of Michael Jackson so all of the iconic moves are used in the show but slightly modified," Charbonneau says.

The production is an authorized partnership with Jackson's estate, which

means the music used in the show will be just like everyone remembers.

"We have access to the original tracks through the Estate and Sony Music so, throughout the show, it's Michael's voice that you'll hear," says Charbonneau, adding the show will be totally different than what you've seen from Cirque du Soleil in the past.

"This one is a mix of world class dancers with acrobatics and it is two hours of amazing Michael Jackson songs from The Jackson Five to his latest work," he explains. "There are a lot of surprises."



Walt Disney



Finding Nemo and The Little Mermaid are among multiple Walt Disney tales that are following The Lion King into 3D mode on the big-screen. Over the next two years Disney is releasing multiple titles in 3D.

THE ASSOCIATED PRESS



'French Immersion' director Kevin Tierney says film isn't political

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Put 'em up Hugh

► Aussie actor Hugh Jackman stars in family-friendly film *Real Steel*



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METRO WORLD NEWS IN HOLLYWOOD

If you've seen the posters for *Real Steel*, you know Hugh Jackman can look fearless, especially with a boxing robot behind him.

But there is a pivotal moment in Hugh Jackman's life that will always stick with him: singing in public for the first time.

"I've never been that scared again. That was 15 years ago. July 26, 1996," he says. "I was asked to sing the national anthem at a very big rugby match down in Australia — millions of people watching, a 100,000 people in the stadium, and I had a panic attack the night before. I was terrified."

And with good reason, it seems, as the stakes were certainly high.

"I had in my head, right or wrong, that if I screwed this up, it's over. I had seen people booed off singing the national anthem badly and never work again. Australia's a small place, right?" he says. "Now, if I had been booed off — if things had not gone well — I know I wouldn't be here today. ... Had that not gone well, I may never have had the confidence to do other things. Without that moment, I would never have hosted the Oscars."

His latest film, *Real Steel* — designed to be a family-

Twitter trouble

While on screen he seems to have mastered the intricacies of controlling robot boxers just fine, Jackman admits that he himself isn't exactly technologically savvy — even when it comes to something like Twitter.

"I started posting things on Twitter, and my publicist rang me one Sunday night and said, 'You just posted your home address on Twitter,'" Jackman remembers. "Because my daughter was swimming in the fountain outside my house with her friend, and I didn't realize I'd put my street name in the photo. So she says, 'From now on, you must send me everything you post.'"

friendly, rousing crowd-pleaser — seems well-suited for a franchise, but Jackman shies away from discussions of a sequel.

"It's not the right time to be talking about it," he says. "It's kind of like the week before the Super Bowl saying, 'Do you think you'll be in the Super Bowl next year?'"

That being said, it doesn't mean the idea isn't already in motion.

"I know it's being written, and I know in a way it's planned and that's always been there," he admits. "I have signed on for one if there is one, but

none of us involved are thinking beyond October 7, trust me. That's not the mentality you have."

Besides, Jackman — as both an actor and a producer — is far too familiar with how hard it can be to get a movie made, even a "sure thing."

"In my experience — particularly with *X-Men*, I don't know why — there's never been an easy

there. So I never really take it for granted."

So instead of diving into *Real Steel 2*, Jackman is heading back to Broadway for a 10-week run of a one-man show before he films Tom Hooper's take on the musical *Les Misérables*, followed by the next *Wolverine* film.

Having played the character for more than a decade, it's something that

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ride," he says. "There are I can't tell you how many reasons or potholes that could derail any movie, and it's sort of miraculous it gets made and gets out

comes quite naturally to Jackman.

"I play it at home, obviously," he says. "For parental control, it really helps."



► Hugh Jackman arrives at the premiere of *Real Steel* in California on Sunday.

Canadian director has high hopes

If the Canadian director helming *Real Steel* has his way, the new robot-boxing movie executive produced by Steven Spielberg will definitely get a sequel and maybe even a slew of them.

The film, a mixture of *Rocky* and *E.T.: The Extra-Terrestrial* with a touch of *Transformers*, is set in a not-too-distant future when ro-

bots replace humans in the professional boxing world.

Montreal-born Shawn Levy thinks there's a good chance that *Real Steel* will become a big screen franchise, and he gives a lot of credit to his pint-sized Canadian star Dakota Goyo, who just turned 12.

"I certainly directed him a lot but there's some scenes where I just got out of the way

because that boy is talented, that boy has that extra something that Ricky Schroder had in *The Champ*, or that Elliott (played by Henry Thomas) in *E.T.* had," Levy said.

THE CANADIAN PRESS



Don't have a cow, man: Simpsons on the ropes



► A producer of *The Simpsons* said that the show can't continue under its current financial model.

In its 23rd year on TV, *The Simpsons* could be on the endangered species list.

The show's producer said Tuesday the show can't continue under its current financial model, following a report that big pay cuts are being sought for the actors who provide voices for Homer, Marge and Bart Simpson and other characters.

"We believe this brilliant series can and should continue, but we cannot produce future seasons under its current financial

model," said Chris Alexander, spokesman for 20th Century Fox Television. He said producers hope a deal can be reached.

The animated series is a fixture on Fox's Sunday night schedule, and critics consider it one of the best shows in the medium. But like many programs that have been on the air for a long time, the cost of making it has become prohibitive.

The Fox network reportedly loses money each year on new episodes, even as

all the old episodes run in perpetuity in reruns and are a cash cow for producers and creators.

The *Daily Beast* reported Tuesday that producers are demanding a 45 per cent pay cut from the six voice actors, who reportedly make nearly \$8 million each for a season. The website said the voice actors have offered to take a 30 per cent pay cut in return for a portion of the show's syndication and merchandise revenue.

THE ASSOCIATED PRESS

7.1M

The *Simpsons* is averaging 7.1 million viewers for its new episodes this fall, down 14 per cent from last year. Back in the 1991-92 season, an average of 21.7 million people watched it every week, Nielsen said.

Depp accepts 'stupid money' for his kids

▶ Johnny Depp says at this point he works for 'stupid money' for his family, not himself

Johnny Depp is not a fan of getting his picture taken. In fact, when it comes to photo shoots, "You just feel like you're being raped somehow. Raped. The whole thing," the actor tells Vanity Fair.

"It feels like a kind of weird — just weird, man. Whenever you have a photo shoot or something like that, it's like — you just feel dumb. It's just so stupid."

But Depp, who's made a fortune from the Pirates of the Caribbean movies, isn't so much afraid of stupid things, including stupid salaries. "If they're going to pay me the stupid money right now, I'm go-



▶ Johnny Depp says photo shoots make him feel like he's 'being raped.'

ing to take it," he says of some of his film roles. "I have to. I mean, it's not for me. Do you know what I mean? At this point, it's

for my kids. It's ridiculous, yeah, yeah. But ultimately is it for me? No. No. It's for the kids."

● METRO

PHOTOS: GETTY IMAGES

Cox, Arquette in 'friend zone'

While David Arquette and Courteney Cox have remained close throughout their year-long separation, a rekindling of their marriage doesn't seem likely, Arquette admits to Access Hollywood.

"We're pretty much in the friend zone," he says.

● METRO

Seyfried swears off famous boys

While she remembers her relationship with Dominic Cooper fondly, Amanda Seyfried says dating Ryan Phillippe has put her off dating other celebrities.

"Dominic and I were together for such a long time, so the coverage was always positive, but when you've just started seeing someone and that person is really famous, it's more of a story," the actress tells Glamour magazine.

● METRO



Celebrity tweets



"Socrates said 'the unexamined life is not worth living.' But the examined life is seldom worth talking about."

@DaveSFoley



@lisarinna

"Here's my Question — now I'm onto the MJ trial — did MJ's kids know that he had to be put to sleep every night by a doctor?"

@DitaVonTeese

"The real reason I'm not a stoner is because it makes me crave Manwiches, corn dogs, cheeze whiz & carnival food."

@SethMacFarlane



"Thing I've never said #476: 'Hey, you mind if I put on some Smash Mouth?'"

Things get hot and steamy on Ashton's anniversary

New details reveal that while Ashton Kutcher didn't spend his recent wedding anniversary with wife Demi Moore, he reportedly was far from alone.

According to Us Weekly, the Two and Half Men star

was partying in his San Diego hotel suite with not one but two young female companions.

"Within five minutes, they were all naked in the hot tub, making out," a source tells the magazine.

● METRO



▶ Ashton Kutcher

Blake and Leo call it quits

While they never officially acknowledged that they were dating, Leonardo DiCaprio and Blake Lively have split up, both of their reps confirm, according to Hollyscoop. The pair first turned heads at the Cannes Film Festival earlier this year and reportedly

dated throughout the summer. While DiCaprio is still in Australia filming the Great Gatsby, Lively was spotted over the weekend in Boston sharing an intimate dinner with Green Lantern co-star Ryan Reynolds.

● METRO



▶ Leonardo DiCaprio

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3
life

In brief

BEST IN BOOTS

The iconic Canadian company Cougar Boots has revisioned one of its most popular models. The Cougar Pillow Boot, which was a staple of women's winter wardrobes for a number of years, has returned. The new Pillow still has the red fleece tongue and puffed leather that made the original so popular. Visit cougar-boots.com.

METRO



Following umpteenth designer departure, Emanuel Ungaro changes strategy.

Springtime in Paris

- At Paris Fashion Week, last spring's sexy, vampy looks were replaced with crisp A-line frocks, tailored trouser suits and romantic dresses
- Chanel hit all the right notes, while other designers played it safe



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METRO WORLD NEWS IN LONDON



BEST IN SHOW: CHANEL

In what turned out to be the week's most gorgeous show, Karl Lagerfeld created an ivory, aquatic wonderland with models dressed in ethereal dresses, suits, separates and swim-suits that looked like shimmering saltwater pearls. Few designers today can produce such a large collection (a whopping 85 looks) with a singular vision that doesn't look repetitive and maintains a couture-level quality from beginning to end. The excitement in the room was palpable. In short, this is what Paris Fashion Week is meant to be.



HIGH HEMLINES: STELLA MCCARTNEY

For spring, McCartney continued the seductive streak she started for fall, only she replaced last season's sheer, body-con dresses with crisp, A-line frocks that revealed miles of leg. They were sporty with a flourish; each look came with contrasting coloured swirls that surfed their way along the hemline and up the torso. But everyday working women might find themselves gravitating toward her mannish wide-leg trousers and leisure shirts. They came in a variety of prints that resembled those found on men's ties.



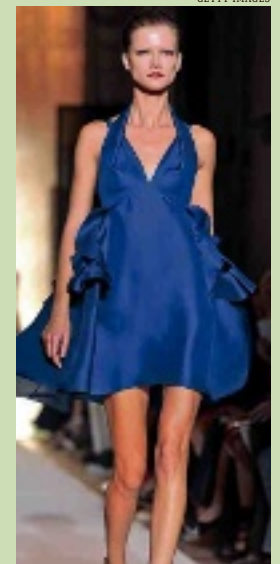
TEMPERED GIRLY-NESS: CHLOÉ

Enter Clare Waight Keller, the latest Brit to move into the French house, who debuted her first collection for Chloé on Monday. Her clothes had the breezy femininity the house has become known for in the form of drop-waist dresses and soft, chiffon pleats. But she tempered the girly-ness with cotton T-shirts and button-down blouses that were slightly tomboyish. It was a sweet collection, but it felt more like a quiet arrival than a momentous debut. Here's hoping that changes come next show season.



ROMANTIC AND WEARABLE: GIVENCHY

After last season's vampy, sex kittens, Riccardo Tisci's quieter, romantic clothes for spring looked like a palette cleanser. Gone were the black cat graphics, latex and sheer skirts. Instead, he produced tailored jacket and short combos (a definite trend for spring) and trouser suits in the softest pink. They were wearable and practically sweet, a word you don't normally associate with Givenchy. Though a series of slinky mini-dresses with strategically placed sheer cut-outs that revealed naked breasts were classic Tisci.



JEWEL TONES: YVES SAINT LAURENT

For the past few seasons, each of Pilati's collections have been shown against speculation that his days at Yves Saint Laurent are numbered. But it didn't show on the runway. His sophisticated A-line coat dresses, elegant trouser suits, romantic cocktail dresses and dramatic evening gowns were all beautifully constructed and seemed to pay homage to the history of the house. Pilati's jewel-toned collection was cool and polished, perhaps too much so.

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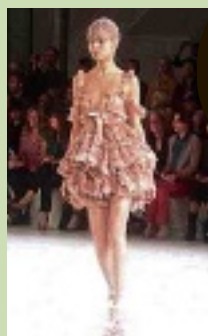
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Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
Will NEVER get used to the idea of coming to a McQueen show without McQueen. I miss him so much. Sure the show will be great. But somehow...



► @Jeanne_Beker: Lots of texture + flounce at McQueen

► @Jeanne_Beker: Dazzling gowns at McQueen

► @kadejovacs: Thank you @Jeanne_Beker for shining some light in the depths of my work day with your fashion twit pics

► @Jeanne Beker: xoxo!

► @Jeanne Beker: Selma Hayek says you can feel how Sarah Burton was able to channel McQueen for this stellar collection. They're inextricably connected.

► @HumandChuck: She worked so long with him ... always there to see the process.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.



► Dazzling gowns at the McQueen show.

Easy lifestyle tweaks for better living

THE KIT

BY ERINN STERLINGA

A few tweaks to your lifestyle can make a big impact on your health.

GET MORE VITAMIN D

According to Statistics Canada, about two-thirds of us aren't getting optimal amounts of vitamin D. And since low levels of the sunshine vitamin have been linked to osteoporosis, heart disease, certain cancers and depression, it's important to get your share.

Try the tweaks:

- Get outside and enjoy a few minutes of sunshine every day.
- Consider a supplement — Osteoporosis Canada advises 400 to 1,000 IU daily.

BE A SOCIAL BUTTERFLY

Researchers at Brigham Young University analyzed 148 studies involving more than 300,000 people and found those with strong social relationships were 50 per cent less likely to die early than those with few close ties. In fact, lack of social interaction was just as detrimental to longevity as excessive alcohol consumption, more harmful than physical inactivity and twice as risky as obesity.

Try the tweaks:

- Make socializing a priority. Organize a dinner party, join a softball team or start a book club.
- Say yes to more invitations, even on weeknights.
- Make standing dates with old friends, even if they live across town.

HAVE BETTER SEX

A study in The Journal of Sexual Medicine reveals that regularly striking a yoga pose can improve arousal, desire and orgasms. Interestingly enough, women over 45 seem to benefit the most. So given the strong link between a healthy sex life and overall health and longevity, consider the big "O" just one more reason to say "om."

Try the tweaks:

- Buy a 10-pack of yoga classes or a studio membership so you'll be more inclined to go.
- Schedule yoga like you would an important meeting — and follow through.

SUBSCRIBE FOR FREE TO THEKIT.CA AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

Fashion-forward turtlenecks

► This wardrobe staple is enjoying rekindled interest as a must-have item this season ► It's all about fibre and fit for easy, refined looks

From grunge to mod to preppy, the basic turtleneck — one of those wardrobe workhorses — can morph into almost any look you want it to be. It's a bonus that it's considered a fashion-forward item this season.

"I can extol the virtues of the turtleneck," says Tracy Taylor, U.S. editor for Net-a-Porter's online magazine. "You can always transform into someone chic

with a turtleneck and pants that are slightly clean — in a similar colour to the turtleneck. Put on flats, and instant Audrey Hepburn."

Stylist and TV fashion commentator George Kotsiopoulos says the return to the mod look of the 1960s rekindles interest in the turtleneck beyond a layering tool under a ski sweater.

"The turtleneck will be the must-have item of the

season," he says.

"Look for turtlenecks in superfine cashmere knits to wear under sleeveless shift dresses, menswear vests, 'boyfriend' style, which is great with leggings or skinny jeans for those comfy days, and body-conscious fits for trousers or even a bodysuit style for sleek looks with pencil skirts."

There's also the easy-yet-refined layered look of

a turtleneck under a button-down shirt, suggests Banana Republic creative director Simon Kneen. Banana Republic's upcoming holiday collection was purposely styled this way for women and men.

If you don't want to be fully covered up, Kneen says a cowl neckline, basically a draped turtleneck, is an option to still show off your jawline and jewelry. **THE ASSOCIATED PRESS**



► A Missoni turtleneck paired with a Michael Kors vest.

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Everything but the turkey

► Add some sparkle, shine and a few new colours to this year's Thanksgiving dinner table

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

When I was as young as five years old my inner decorator had me volunteering to create the Thanksgiving centerpiece for the dining table.

I'd collect fallen branches, rusty-coloured leaves and pinecones to make an elegant arrangement in the middle of the table.

Looking back at old family photos I realized that my hodgepodge of outdoor elements looked more rustic than elegant.

Today's festive tables are a little more than just old leaves and branches.

But there are many affordable ways to have an impressive table while keeping a budget in mind.

Here's how I will be decorating the Thanksgiving table this weekend.

Choose a table colour scheme

I've decided to mix neutral colours like brown and grey in my dishes and add trendy colours like orange, reds and greens.

If you (or your parents) have vintage Denby pottery in oatmeal or stone colours then bring it out for an earthy, potted look for

this year's celebration.

I'll be using the pewter collection from Corelle — the unbreakable dishes have some great trend-setting colours and patterns that fit right in with my busy lifestyle and will be perfect for those clumsy friends of mine. Also, at less than \$20 per place setting, I've stocked up with anticipation of upcoming holiday buffet parties.

Add some dazzle

As casual as the inexpensive dinner ware means adding some elegance to the table.

Layering some silver charger plates under the dishes will boost the image, and pulling out the oversized Riedel wine glasses will make everyone feel like a king and queen at the table.

Consider buying the right size and shape of glass for the wine that you most enjoy drinking. That way you can afford such a small luxury for entertaining.

I will also be breaking tradition and surprising my guests by serving a red wine with the turkey dinner.

Wine experts say a good Pinot Noir (try the Sterling Vintners Collection Pinot Noir for around \$15) is a good choice as it is light and peppery and goes well with the elements of a turkey dinner.

A personal touch

After dinner I'll be serv-



► A harvest feast.

ing a fabulous root beer float with vanilla ice cream and a shot of Captain Morgan Deluxe rum.

Sounds like a funny combination but it's a big fall favourite of mine when entertaining. Everyone loves it — especially with the scoop of vanilla ice cream!

Spice up the table

I like to mix fresh flowers, mini pumpkins and leaves with artificial elements.

A tiny pumpkin used as a vase with two or three silk flowers makes for fun individual arrangements at each place setting.

The mini pumpkins are also great as a votive candle holder and when boiled in simple syrup, they make tasty and edible bowls for serving dessert.

Go glam

I like the layer the table



► Colourful faux leaves, \$20, Pottery Barn.

with luxurious fabrics to set the tone of an eclectic meal. A lush throw, washable silk quilt or faux fur often help to add the glam factor to the table.

In Europe, the trend of using bright coloured Moroccan rugs on the tables inspired me to try this at home.

A fun touch

Don't forget about under your dining table:

► **Fall foliage:** I like to scatter real and coloured paper leaves under the table and chairs.

► **Guests** will love the look of the fall ground cover when they enter the room!



► Fine stemless wine glasses add an elegant yet casual feel to the table; \$24/set, Riedel.



► Quilts and throws add instant personality to a table when used as coverings. \$110, West Elm.

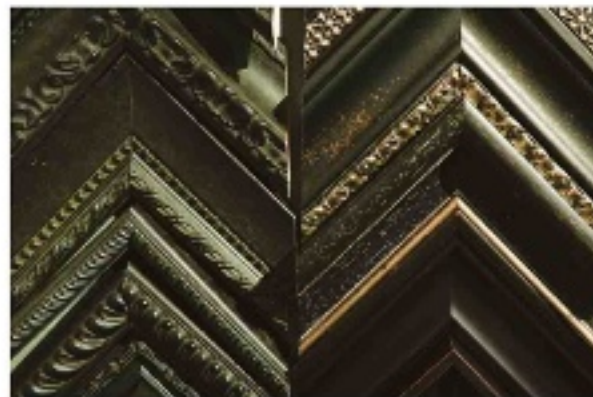
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Create a gorgeous guest room

- ▶ Make your house guests feel like royalty when visiting
- ▶ Warning: Your in-laws may come to stay and not leave

DIY IDEAS

Turn your typical guest bedroom into an elegant hide-away using these tips from *Marriage Under Construction* on DIY Network Canada, which follows the stress and drama as newlyweds purchase, renovate and decorate their first homes.

Create a cosy nook

Give your guest a special **reading corner**. Bring in a comfortable chair and adorn it with a soft throw.

Ensure there is a stack of magazines and good books waiting for them, with some personal picks on hand. Set up a variety of pillows on the bed and install

lights into the headboard so they can unwind.

Have a place to primp

Consider your guests' routine and include a **dressing table**. Use a small circular table backed with a mirror to reduce space but provide function. Add a pretty tablecloth or dress it up with antique pieces and fresh flowers.

Let them unpack

Always provide **storage** for your guests. Find space in the room for a dresser with empty drawers so they can completely unpack during their stay.

No one wants to flash the neighbours

Provide tasteful **window treatments** that focus on privacy and darkness to al-

low for a better sleep. Choose fabric that will darken the room and a design that will minimize the light from slipping in. If you prefer blinds, choose three- or four-inch slats over one-inch slats.

Make a statement

Add your own **sense of style**. You can be more liberal with design in this room since you don't see it or use it every day.

Try new colours that are richer and bolder, and include textured accents like throw pillows with braids and blankets with fringe.

Reupholster accent pieces in a statement pattern.

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▶ Kate and Matt star in *Marriage Under Construction 4* — a 13-part docu-soap that follows their relationship, along with their struggles of building their first home together.

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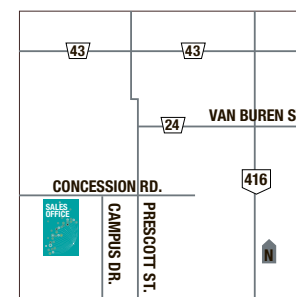
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► Buying a home for the first time can offer many obstacles, from financing to choosing the right area.

Home sweet Home

► Metro goes house shopping with three new homebuyers — and it's an exercise in weighing out lifestyle preferences and needs with available funds and other finances



JON TATTRIE
FOR METRO

Meet Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, who want to start a family. They are both shopping for a place to live and neither have previously owned their own home.

While Stanton is a single man about town and wants a place that is easy to live in and “a solid bet for a good return on investment,” the Rushtons are focusing more on finding a place that will accommodate their plans to have a family.

In any case, the first thing both buyers should do, says Chris Mooney, president of the Realtors Association of Edmonton, is to sit down with a mortgage broker or bank to see how much money they can borrow ... which is

How to shop right

There is a lot to remember when shopping for that picture-perfect home. Here is a checklist:

DO hire an agent. “Agents save you time, know of new listings that aren’t yet on the market and can spot overpriced listings,” says Barb Sukkau, the St. Catharines, Ont.-based president of the Ontario Real Estate Association. **DO** get pre-qualified for a mortgage before

looking so you know what your price range is. **DON’T** forget to research the market. “Look around so you can buy what best suits your needs,” she says.

DON’T skip the home inspection. “Home inspectors will tell you the condition of the home and what costs you’re facing in the next five to 10 years,” notes Sukkau.

● **ASTRID VAN DEN BROEK**

what they do. The Rushtons come back with \$250,000, while Stanton gets a \$400,000 limit.

Next stop: Meeting with a real estate agent to talk about options. The Rushtons could get a two- or three-bedroom townhouse in the suburbs, and they will want to check out

schools and transportation in the area, too.

On the other hand, a 1,000-square-foot downtown condo might be exactly what Stanton wants. Mooney says Stanton’s hefty 25 per cent down payment and big budget opens the market up considerably. “There’s a lot of

new condos in the downtown market,” Mooney says. “It’s a sound investment with the convenience of living downtown.”

Charlotte Hansen, a Halifax-based realtor with Royal LePage, reminds both to factor in monthly bills for a complete financial picture of what they can afford.

She directs the Rushtons to the suburbs, too. The further out they go, the bigger the houses and yards get.

Stanton spends a lot of time at his downtown office, so a quick walking commute trumps the need for a bigger home. “If he’s working a lot, he probably will be looking for something with lower maintenance,” Hansen says.

He won’t have to worry about shovelling snow or cutting grass and when he leaves on business trips, he just has to lock the door and walk away.

Money talks

Of course, buying a house costs more than the sticker price you see on the MLS listing.

When Metro new homebuyers Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, started shopping for houses, we spoke to two mortgage advisers to get financial advice.

Before anything, Laurie Foster, an independent mortgage broker with Verico in Winnipeg, says “we need to look at their current financial picture — do we need to restructure other debt?”

All three have been renting and the monthly mortgage payments will be about the same amount. But, Foster says, they now will have to pay for utilities, property tax, Internet and cable.

Foster also recommends setting aside about two per cent of the purchase price to cover lawyer fees, deed transfer tax and other closing costs. Some brokers recommend as much as four per cent.

The Rushtons will likely go with a fixed-rate mortgage (which means the interest rate they are paying is locked in for a fixed period, usually from one to five years) so monthly payments are easy to budget.

Stanton has deeper pockets and will likely go for a variable mortgage rate (which means the monthly interest rate varies depending on what’s going on in the market). If interest rates stay low, he could save a bit of money. If the rates rise, he can take a hit.

Both buyers should have a contingency fund that will cover three months of payments in case of layoffs.

Because the Rushtons are paying less than a 20 per cent down payment, says Jamie Small, an adviser with Ottawa Mortgage, they will have to factor in mortgage default insurance, which adds one to three per cent to the total cost.

“We also consider what stage borrowers are in their career. Is their income going to be increas-



Red flags

Wondering if you are touring a money pit? Here are four red flags.

- 1** Dampness or mould. “Sometimes this can be found around the baseboards and can signal a moisture problem,” says Barb Sukkau, the St. Catharines, Ont.-based president of the Ontario Real Estate Association.
- 2** Cracks in the foundation. “They’re easier to find if the basement isn’t finished,” she says.
- 3** Curly shingles. A roof with shingles starting to curl and looking rough around the edges indicates an old roof. “Also, when you’re walking through the house, look for cracks or staining in the ceiling. That could indicate a leaky roof,” she warns.
- 4** Wonky floors. Bumpy or uneven floors could point towards a structural issue.

● **ASTRID VAN DEN BROEK**

ing or is it fixed?” Small says.

Chris Mooney recommends both take a 25-year mortgage. Stanton can pay lump sums on the mortgage anniversary or double monthly payments with his bank bonuses to take a deeper cut out of the balance while maintaining cash liquidity.

In the end, the Rushtons get a purchase-plus-improvements mortgage so they can get a new roof and thick insulation, tacking the \$10,000 bill onto the mortgage. And they call in friends and family for the move.

Stanton, valuing time over money, shells out \$2,000 for movers.

● **JON TATTRIE**

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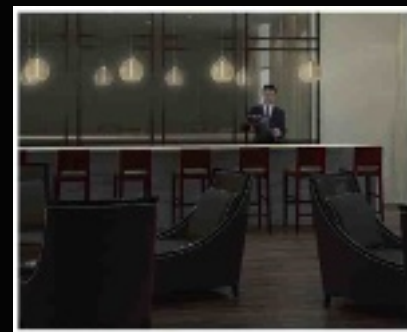
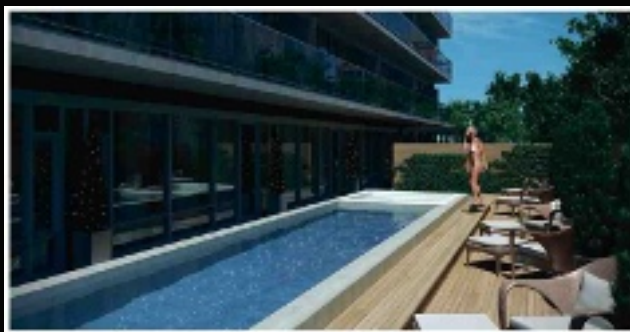
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Guide to properties from coast to coast

PHOTO COURTESY OF ROYAL LEPAGE



LONDON <\$300,000

A 2,100-square-foot pent-house condo has an asking price of \$299,900.

\$300,000 – \$400,000

A spacious home with three bedrooms, three bathrooms and an asking price of \$354,500.

>\$400,000

At the high end, a four-bedroom, four-bath home in London is priced at \$774,000.

ABOVE: This property has a listing price of \$354,500.

● BY DUNCAN MCALLISTER
AND YILVA VAN BUUREN

PHOTO COURTESY OF ROYAL LEPAGE



WINNIPEG <\$300,000

A little, two-bedroom bungalow on Arlington Street in Winnipeg has 792 square feet and is priced at \$89,999.

\$300,000 – \$400,000

A nice condo on Wellington Crescent has two bedrooms, two bathrooms — and 1,569 square feet.

>\$400,000

A four-bedroom house is listed at \$949,500 at 238 Portsmouth Blvd., with 3,400 square feet set on a 98x280-foot lot.

ABOVE: A nice condo in this building was listed for less than \$400,000.

CONTRIBUTED



CALGARY <\$300,000

There are new highrise condos in the downtown starting from \$190,000 and townhomes in suburban areas from \$275,000.

\$300,000 – \$400,000

A budget of more than \$350,000 can open the door to a starter home in the suburbs.

>\$400,000

For \$599,900, you could get a riverfront condo in SE Calgary.

ABOVE: This Sotheby's International Realty Canada property is listed at \$599,900.

COURTESY OF REALTORS ASSOCIATION OF EDMONTON



EDMONTON <\$300,000

A middle-of-the-road condo or a 1,200-square-foot townhouse.

\$300,000 – \$400,000

An average bungalow in an older established neighbourhood such as Kildare, Goldbar or Greenfield.

>\$400,000

Up to \$500,000 is taking you into an average newer detached home. In condos, you will get just about anything you want.

ABOVE: For between \$350,000 and \$400,000, this property is centrally located on a treed lot.

COURTESY OF ROYAL LEPAGE



OTTAWA

"Prices here go up steadily. The stats say between five and six per cent on average per year."

— Lu Korte, Royal LePage

<\$300,000

You can buy a cosy, three-bedroom home in the Briarbrook/Morgan's Grant area for \$274,900.

\$300,000 – \$400,000

A semi-detached home in the Bridlewood area has three bedrooms, three baths and an asking price of \$339,900.

>\$400,000

A three-storey, 3,600-square-foot home with finished basement, five bedrooms, four baths and pool in Stittsville has an asking price of \$649,900.

ABOVE: This cosy, three-bedroom house was listed by Royal LePage at \$274,900.

COURTESY OF TORONTO REAL ESTATE BOARD



TORONTO

"You can still find properties in Toronto under \$300K, but you really have to do your homework." — Shana Bahrami, Right at Home Realty Inc.

<\$300,000

A two-bedroom bungalow in the Dufferin and Eglinton area is listed at \$239,900.

\$300,000 – \$400,000

There are lots of condos in this price range around the city including a bright, midtown one-bedroom plus den listed at \$374,900.

>\$400,000

Older, established neighbourhoods like The Bridle Path, Forest Hill and Rosedale always increase in value.

ABOVE: A condo in this midtown building was listed at \$374,900.

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VANCOUVER

"We're in a buyer's market for sure." — Ryan DeLuca, Sotheby's International Realty.

<\$300,000

You could get a studio in the city or an older one-bedroom condo that's going to require some significant renovations; you could also get a townhouse in the suburbs.

\$300,000 – \$400,000

You're looking at a small, one-bedroom condo in downtown Vancouver. You could get a larger space just outside the city on the east side of downtown.

>\$400,000

A detached home in Vancouver will cost more than \$500,000.

ABOVE: Spending more than \$400,000 will get you a beautiful space in Vancouver.

CONTRIBUTED



HALIFAX

"The average sale price in Halifax is around \$260,000, although you can spend \$685,000 in a higher end downtown market." — Paula Langille, Royal LePage Atlantic

<\$300,000

Between \$150,000 and \$220,000 will get you a semi-detached house or condo.

\$300,000 – \$400,000

This category, in general, is second homebuyers moving up into the next price bracket.

>\$400,000

Bedford, Eaglewood, Shore Drive and Ravines neighbourhoods are all in the \$600,000 plus area.

ABOVE: A family stands in front of their new home in Dartmouth. It had a purchase price in the low \$200,000 range.

OTTAWA'S MOST DESIRABLE RESIDENCES

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Let wild kingdom inspire home décor

► Antlers, zebra and tiger prints are trending this fall ► Natural colours and ingredients making their way back



**ASTRID
VAN DEN BROEK**
FOR METRO

As the weather outside starts chilling down, you want to make the inside of your home warm, cosy and inviting for Thanksgiving.

If you are stumped for ideas, Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada, shares some thoughts on transforming your home for this yummy holiday weekend.

ADD SOME ANTLERS

That's right, antlers.

"It's a huge home décor trend and people are using antlers in place of wall art or mirrors or above the fireplace mantel or on the mantel itself.

"You can use it on any wall and it's a cool, trendy

way to get a bit of the outdoors inside," says Turco.

THINK ZEBRA

Or tiger or leopard print to complete the animal look for fall. "Having prints looking like animal skins inside the house with area rugs, throws and pillows is also a real trend for fall," says Turco.

"It gives you a sense of warmth and cosiness and an outdoor feel without using a real animal, of course."

But don't feel beholden to traditional animal colours — Turco suggests updating a zebra print by looking for it in a brown and taupe combination.

LOOK AT THE TREES

And bring those colours inside. Hot colours that are making a comeback include retro palettes such



► Transform your home for the Thanksgiving weekend with natural ingredients by filling bowls with maple leaves, wheat, pears or apples.

as brown, burnt orange, yellow and a bit of red. Copper and bronze finishes are also making their way back into homes.

ACCESSORIZE

Again using natural ingredients.

Think of filling bowls with maple leaves, wheat,

Bartlett pears or apples.

SWAP OUT YOUR VESSELS

Think thicker and chunki-

Curb appeal

Don't forget to decorate the outside of your home, as well. Spruce up your porch or deck by:

- Filling your planters with natural accessories such as branches, bark, dried fruits or wheat.
- Lining your steps with pumpkins.
- Swapping out your doormat for a Thanksgiving-themed mat with a turkey.

er for vessels holding those accessories.

"On a tabletop you could use a simple French country thicker pottery type dinnerware," Turco says.

"Glass jars, votives and even glass canisters filled with fall items is really inspired," he adds.

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Simple fun on the farm



**KELLY
PUTTER**
FOR METRO

The beauty of apple picking has to be its simplicity.

While it's a good idea to dress for the weather, apple growers have seen it all, from diaper-clad youngsters hiked up on dad's back reaching for a crisp Spartan, to apple pie making mamas dressed in their high heels.

"There's a bit of magic in picking an apple from a tree because no one has touched it before," explains Tom Chudleigh, who has been selling apples for 44 years from his 100-acre farm in Halton Hills, Ont.

Though the apple picking season and the varieties vary from East Coast to West and from farm to farm, you can still find plenty of pick-your-own apple farms that aren't too far from home. Some operations combine fruit picking with other fun farm experiences such as hayrides, corn mazes and hot apple cider during the fall season.

Be sure to bring bags or baskets to carry home your



► There's a bit of magic in picking an apple from a tree, says apple farmer Tom Chudleigh.

haul. Expect to pay in the neighbourhood of \$1.85 to \$2.50 per kilogram. And bring cash since many DIY farms don't accept debit or credit cards.

When picking, Chudleigh recommends you take the apple in your hand and turn its eye to the sky until it separates from the tree.



► The plush dragon costume is available at HomeSense for \$19.99.

Playing dress-up

► Time to prepare for Halloween ► Inspirations can come from anywhere

Halloween is the only time of year when it's acceptable to dress like Lady Gaga, so we say throw your sense of taste to the winds and let loose.

Whether you craft your costume from scratch or buy it pre-made, here are some suggestions from the zeitgeist and the 2011 Value Village Halloween Shopping Survey to help get your creative juices flowing:

Classics revisited

Movies in 2011 are crawling with some serious Halloween costume fodder.

Movie makers this year had a field day with pirates, vampires, wizards, mutants and robots.

Costumes on a budget

Buy second-hand

Head to Value Village or another second-hand shop and use your imagination.

Trade costumes What's old to friends is new to you.

Keep it simple

Remember, it's Halloween and anything goes. Chances are you would have just as much fun in a cardboard box as in an elaborate costume.

● STEPHANIE ORFORD

Watch for twists on these classic costumes, inspired by top-grossing franchises released this year including Pirates of the Caribbean, True Blood, Twilight, Harry Potter, X-Men and Transformers.

New versions of kids' classics Winnie the Pooh, The Smurfs and The Muppets will also be popular choices for all ages.

Sci-fi/fantasy

On the sci-fi/fantasy front, expect futuristic Green Lantern and Tron bodysuits, as well as Thor body armour.

Reality TV

Watch stores this year for sparkly Dancing With the Stars garb, and, as fascination with Jersey Shore shows no signs of slowing,

a rash of leopard print and Snookie wigs, as well as gold chains plus ab-bearing tank tops à la The Situation.

Vintage looks

Or take advantage of the popular sexy mid-century looks that have seeped into TV and fashion this fall. You will probably partake in a glass of witch's brew with more than a few impeccably dressed Don Drapers and Joan Holloways à la Mad Men, or alongside '60s air hostesses channelling Christina Ricci's new show Pan Am.

At the end of the day, the costume you choose is only as good as the fun you have wearing it, so choose a disguise within your budget that makes a great conversation piece.

● STEPHANIE ORFORD

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SPECIAL INFORMATION FEATURE

Giving thanks for the Harvest

► Save a place at your table for Muskoka Harvest Ale



JEFF O'REILLY
FOR METRO

Harvest festivals are an age-old tradition that have been recognized all over the world, and the timing of these festivals vary greatly depending on when that region's harvest takes place.

Most cultures have celebrations of historical and religious significance surrounding the act of giving thanks and showing appreciation for what they have received.

The Jewish custom of Succoth, Africa's Kwanzaa, India's Pongal, Korea's Chusok, even Bavaria's Oktoberfest and, of course, the familiar massive Thanksgiving dinners of Canada and the U.S. all stem from harvest festivities. After collecting a

bountiful harvest of food from matured crops and livestock, there would be a welcome break from the strenuous labour that surrounded farming and an opportunity to feast on the spoils of hard work while enjoying the company of family and friends.

Here in North America, the first Thanksgiving was held in the fall of 1621 by the U.S. pilgrims and Wampanoag tribe to mark the colony's first successful harvest in religious observance. While a feast served with British ale and the ceremonial smoking of a peace pipe most probably occurred that day, it is generally agreed that the traditions of deeply discounted Christmas shopping and a full day of watching football were added much later.

On this Canadian

Thanksgiving (a term that always puts a smile on my face) take time to reflect on your blessings. With Monday as part of the year's last long weekend, the possibility of a week-day nap, a massive selection of sports on TV and a meal of outlandish proportions awaiting you, grab a delicious "special occasion beer" worthy of the day. I recommend this outstanding offering from the Lakes of Muskoka Cottage Brewery.

Muskoka Harvest Ale (6.4 per cent alcohol by volume, 750 ml for \$8.95 at the LCBO) is poured assertively out of the festive swing-top bottle into a shaker style pint glass where the beer is an attractive, deep "pumpkin" amber colour with a big, fat, tan foam head.

Inviting aromas of



► Sophie and Angie toast good times and good friends with Muskoka Harvest Ale.

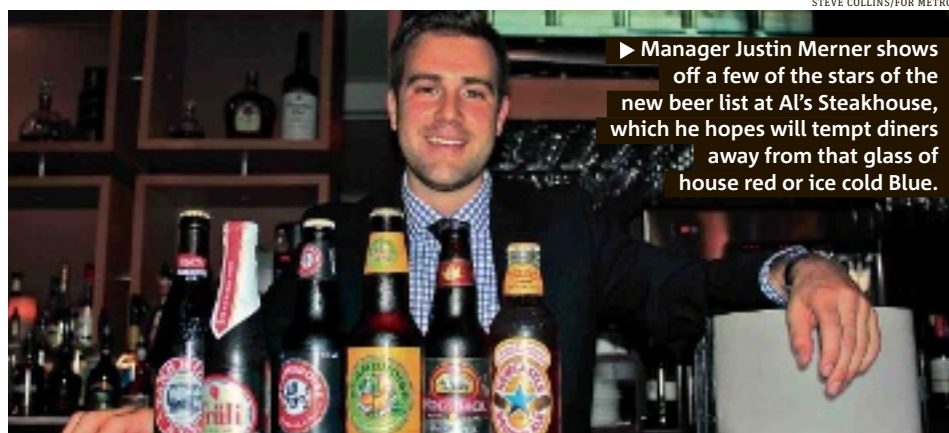
caramel, pine, citrus, spices and sweet malts precede the appetizing well-balanced flavours of toffee, grapefruit, persistent pine and floral hops with a

medium- to full-bodied buttery smooth mouth feel that ends with a lingering bittersweet finish.

The beer will wonderfully complement the

caramelized skin of your turkey and accentuate the baking spices of your pumpkin pie without overpowering your side dishes. Please enjoy responsibly.

STEVE COLLINS/FOR METRO



New possibilities at Al's



STEVE COLLINS
OTTAWA@METRONEWS.CA

A new list of craft and imported beers at Al's Steakhouse (located at 327 Elgin St.) offers numerous pairing possibilities, suggested by Jeff O'Reilly.

Battered zucchini sticks and lemon aioli belong

with Hog's Back Vintage Lager, or try Creemore Springs Premium Lager with crabmeat and cream cheese-stuffed mushroom caps. Chopped liver's stronger flavour requires a bold accompaniment from New Castle Brown Ale.

The salad gets a St-Ambroise Blonde Ale, before the main event, sirloin

steak paired with Mill Street Tankhouse Ale.

Beer with dessert is tricky, but Al's successfully teams its chocolate cake with a St-Ambroise Oatmeal Stout, and blueberry cheesecake with Fruli, a strawberry-flavoured white beer.

Al's Steakhouse is open daily for lunch and dinner.

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Natural treats with no limitations

- Auntie Loo's celebrating its second anniversary
- Family-themed party planned for Sunday, Oct. 15



**SAMANTHA
EVERTS**
FOR METRO

There's no such thing as the terrible twos at Auntie Loo's bakery on Bronson Avenue.

The vivacious Mandi Lunan is brimming with excitement over celebrating her business's second anniversary in style.

"I wanted to give back to the music community that's been so supportive of me," she says.

On Sunday, Oct. 15, the doors will be thrown open for a family-themed party, followed by a very special party at Babylon nightclub.

Considering her team makes yummy and completely vegan wedding cakes for a living, it's only fitting they get to wear a

Vegan treats

► Have your photo taken in the cupcake booth and try some decadent vegan treats at Auntie Loo's Second Anniversary Party, Oct. 15 at 507 Bronson Ave. and Babylon nightclub 307 Bank St.

party hat, too.

"I'm still on a learning curve," says Lunan, adding she has a "posse of office ladies" who would "riot in the streets" if she ran out of Nanaimo bars or peanut butter chocolate cupcakes.

That said, Lunan has a huge selection of products she has experimented with, like a cupcake made with beets and fresh strawberry icing.

"It was my way of thumbing my nose at people who wanted red velvet. Everything is as natural as possible here."

Her treats are sold across the city in health food stores, and even cafés like Second Cup have picked up on the delicious entrepreneurial spirit.

"I make my treats for everyone, with no limitations," says Lunan.

Eager tasters can try those treats and grab a barbecued veg-dog with proceeds going to the Westminster Animal Shelter or join the night party where things will get much sexier with burlesque performances and local rock bands, all with a side of sweets.

For more, see auntielooos.com.



► Mandi Lunan celebrates two years on Bronson Avenue with her popular bakery, Auntie Loo's Treats, proving that success can be a delicious party.



VANESSA SIMMONS/FOR METRO

► Wishing Tree by Fifth Town Artisan Cheese.

Wishing for Fifth Town Cheese

CURD ON THE STREET



Wishing Tree, made by Fifth Town Artisan Cheese on the northeast shores of Lake Ontario in Prince Edward County, is my "favourite sweater" cheese pick this week.

With every experience you are wrapped up in cosy comfort and warmth.

A multi-award winner, Wishing Tree has received accolades at The COCA British Empire Cheese Competition, and Royal Winter Fair.

As a three- to nine-month-old, naturally cave aged, hard sheep's milk cheese, Wishing Tree has a dense, golden straw-coloured paste with a slight greenish hue to it. Covered by its earthy, rustic toasty-coloured rind, aromas abound of grass, earth, and minerals.

Its rich, nutty and slight salty flavour makes it a good match for a medium-

Slice of info

► **Interesting Fact:** You can often tell the milk type of a cheese by the colour of the paste: Sheep's milk cheeses will range in ivory/bone tones with a green tinge; cow's milk cheeses range in ivory/yellows/oranges; and goat's milk cheeses are snow to pearl white.

bodied red wine and garnish to French onion soup (possibly as a precursor to Thanksgiving dinner?).

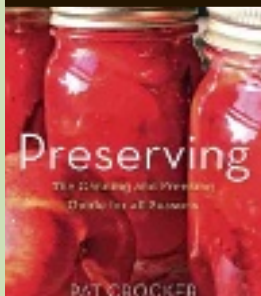
● VANESSA SIMMONS
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Weekly
Cookbook

Pat Crocker, home economist, herbalist and award-winning author of eight cookbooks, returns with *Preserving: The Canning and Freezing Guide for All Seasons* (HarperCollins, 2011).

The cookbook focuses on simple but effective concepts. It follows the seasons, providing easy-to-follow, accurate and thorough information on preserving everything from asparagus to winter squashes. Canning, jamming and freezing techniques are covered.

Distinctly autumn vegetable

► This hearty Stuffed Acorn Squash dish helps you to embrace the season's bountiful harvest

Extremely versatile and appropriate for fall gatherings, acorn squash stuffed with rice and goat cheese can be served as a mouth-watering rustic main or a beautiful side to complement your holiday spread.

Preparation:

- Heat oven to 200 C (400 F). Then rub cut squash all over with oil and place cut side down on parchment-lined rimmed baking sheet. Bake until tender, about 30 mins. Remove from oven and let cool slightly before turning over.
- In skillet, brown sausage, breaking meat into small pieces with wooden spoon. Transfer to a plate.
- Add onion and red pepper to skillet and cook



► This recipe makes four servings.

until onion is tender and browned, about 7 minutes. Stir in rice and cook until rice is coated, about 2 minutes. Stir in broth, scraping any

brown bits from the bottom of the pan.

- Bring to a boil, reduce heat to low, cover and simmer until most of the

liquid has been absorbed, about 45 minutes. Stir in sausage, parsley and crumbled goat cheese and divide rice mixture evenly over

Ingredients:

- 2 acorn squash, halved and seeded
- 15 ml (1 tbsp) olive oil
- 250 g (1/2 lb) turkey sausage, casing removed
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 250 ml (1 cup) cooked brown rice
- 500 ml (2 cups) chicken broth
- 50 ml (1/4 cup) fresh chopped parsley
- 60 g (2 oz) crumbled goat, crumbled.

squash, packing slightly.

- Return to oven until heated through, about 15 minutes. Serve with a crisp green salad.

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CONSEIL DES
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DU CENTRE-EST





► Senators goalie Craig Anderson attempts to stop a shot by Montreal Canadiens' Michael Cammalleri in an April game at Scotiabank Place in Ottawa.

A team free from expectations

► Senators hope to surprise NHL during rebuilding year ► New head coach preaching speed game

When Craig Anderson looks at his teammates lined up in front of him, the Ottawa Senators goaltender can't help but feel he's seen this situation before.

A team with a relatively unproven lineup and free of expectations, similar to one he played for a couple of seasons ago in Colorado, and one that proved to be among the surprises of the NHL by year end.

Not much is expected of the 2011-12 Senators as the rebuilding process that began in February with the trade of several key veterans continues. In fact, most pre-season publications and experts have them pegged to finish closer to the basement than the playoffs.

However, if Anderson can replicate the form he showed with Colorado during the 2009-10 season in leading the upstart Avalanche team to a surprise playoff berth (71 games played that year with a 38-25-7, 2.63 goals-against average and .917 save percentage), the Senators

could spring a similar surprise on the rest of the Eastern Conference and return to post-season after missing out last spring, the second time in three years that's happened.

"If you came into the room every year thinking you weren't going to be in the playoffs, you wouldn't be in this league," Anderson, who arrived in a February trade from the Avalanche and was promptly given a four-year, \$12.75-million US contract extension to provide the Senators with a No. 1 goalie, said during training camp. "You come in here with the attitude that you guys can beat anybody and youth, age, experience, it doesn't mean anything once the puck gets dropped out there. In general, it comes down to who wants it more."

Desire shouldn't be a problem for the Senators. They're eager to make up for a disastrous 32-40-10 showing that cost coach Cory Clouston his job.

General manager Bryan Murray managed to side-

Tending goal

The overhaul began last season in goal and Ottawa has hung its hat on Craig Anderson to build from the crease out.

- He went 11-5-1 in 18 appearances with a 2.05 GAA and impressive .939 save percentage in Ottawa after arriving in February.
- With Alex Auld signed to back him up, the Senators are likely to ride Anderson as far as he can take them.

23 Jason Spezza managed to string together a strong finish to the season with 23 points over his final 15 games and he'll again be counted on to lead the offence while trying to show he's a more rounded player.

step the blame and signed a three-year contract extension, allowing him to follow through on the rebuilding process he began by dumping veteran salary before last year's

trade deadline in favour of a youth movement.

His first order of business in the off-season was to hire Paul MacLean as coach.

MacLean is preaching a speed game, the kind played by Detroit Red Wings, for whom he served with as an assistant under Mike Babcock for the past six seasons.

Of course, that'll be a tough ask given that the Senators don't have players comparable to Pavel Datsyuk or Henrik Zetterberg up front or a Nicklas Lidstrom at the back.

However, they do have a number of players hungry to make sure they stay at the NHL level, so MacLean, should ensure the Senators at least put in the effort on a consistent basis.

On defence, the Senators need rebound years out of two of the team's elder statesmen, Chris Phillips and Sergei Gonchar, both of whom are coming off sub-par seasons.

Gonchar was signed to be an offensive quarterback, but struggled with

just 20 points in 67 games while posting a plus-minus rating of minus-15. He finished the year on the sidelines after suffering a concussion.

Fortunately, young Swedish blue-liner Erik Karlsson had a breakout season and was one of the few Senators to emerge from the year with his reputation enhanced.

While an improvement from the back end is necessary, Ottawa's biggest worry might just be who's going to put the puck in the other team's net considering only the New Jersey Devils (174 goals for) managed to score less than Ottawa (192) in 2010-11.

The Senators will be hoping a full season out of Alfredsson may help remedy the situation. He was limited to just 31 points in 54 games by a back injury that required off-season surgery, but he'll be 39 in December, so there will be question marks over his ability to remain healthy and contribute as much as he has in the past.

THE CANADIAN PRESS

4
sports

Quoted



"He understands we have a young team and mistakes are going to be made, but if we can be a good skating team, you can make up for those mistakes"

SENATORS CAPTAIN DANIEL ALFREDSSON ON NEW HEAD COACH PAUL MACLEAN, WHO MANAGED TO MAKE HIS NAME AS A PLAYER BY PLAYING A HARD-NOSED GAME



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1



2

3



4

1 The best story over the summer was undoubtedly the league's decision to return a team to Winnipeg after 15 years. The Manitoba capital has been bursting with excitement ever since, making the Jets a sentimental favourite. Can the enthusiasm carry them to the playoffs?

2 The tragic death of three enforcers over the summer prompted some to raise the age-old question about whether fighting still belongs in the sport. While totally banning fighting still seems a long way off, the general managers are bound to dissect the issue again when they sit down together this season.

3 Two teams garnering a lot of pre-season Stanley Cup hype are San Jose and Washington. Sound familiar? Both franchises have been seen as powerhouses in recent years, only to fall short in the playoffs.

4 Teemu Selanne and Jaromir Jagr seem like stars from a bygone era, but both remain active in the NHL. Selanne is coming off an amazing 80-point season with Anaheim while Jagr signed with Philadelphia after three years in the KHL. Can they continue to turn back the clock for one more year? **THE CANADIAN PRESS**

Eastern Conference preview



Boston Bruins

There were no significant roster changes to the team that lifted the Stanley Cup in June, but the Bruins face pretty long odds of repeating that feat. The challenge might be toughest for Tim Thomas, who is coming off one of the finest seasons by a goaltender in league history.



Florida Panthers

Needing to spend money to get to the salary floor, general manager Dale Tallon completely overhauled his roster this summer. With as many as 10 new players in the lineup, one of the biggest challenges for new coach Kevin Dineen will be getting his team on the same page.



New York Islanders

Life seems to be looking up a bit on Long Island, where John Tavares heads into his third NHL season poised to take another step ahead. He leads an intriguing group of young forwards that includes Michael Grabner and rookie Nino Niederreiter. Defenceman Mark Streit will also be back.



Philadelphia Flyers

While the expensive acquisition of Ilya Bryzgalov gives Philadelphia the top-flight goaltending it has been missing, the team is going to take a step back offensively without Mike Richards and Jeff Carter — unless Jaromir Jagr can magically turn back the clock.



Buffalo Sabres

After buying the Sabres earlier this year, Terry Pegula just kept on writing cheques. The team was a big spender over the summer, acquiring Ville Leino, Robyn Regehr and Christian Ehrhoff. There are no glaring holes in this Sabres team, especially if Ryan Miller returns to Vezina Trophy form.



Montreal Canadiens

The Habs find themselves on the playoff bubble once again. With Roman Hamrlik departed for Washington and Andrei Markov still fighting injuries, questions remain on the blue-line. Fortunately, goaltender Carey Price is coming off his best season and has shown he can shoulder the load.



New York Rangers

Brad Richards is set to take Broadway by storm, giving the Rangers the kind of play-making centre they've lacked. He's reunited with coach John Tortorella — they won a Stanley Cup together in Tampa — and should have a major impact.



Pittsburgh Penguins

Pittsburgh finished with 106 points despite playing large chunks of last season without Evgeni Malkin and Sidney Crosby and should remain among the NHL's elite, particularly if it has better luck on the health front. This could be a serious Stanley Cup contender.



Carolina Hurricanes

Expect them to be in the hunt for a playoff spot again. General manager Jim Rutherford — an excellent bargain hunter — bolstered his lineup with veterans Tomas Kaberle, Alexei Ponikarovsky, Anthony Stewart and Brian Boucher over the summer.



New Jersey Devils

The Devils were arguably the NHL's best team in the second half of last year despite falling short of the post-season for the first time since 1996. New Jersey should rebound with a healthy Zach Parise back in the lineup and the addition of impressive rookie defenceman Adam Larsson.



Ottawa Senators

There's bound to be some growing pains with a rebuild project that started midway through last season. A number of young players are being asked to fill roles under new coach Paul MacLean, complementing the handful of remaining veterans.



Tampa Bay Lightning

Steve Yzerman's team should be more than capable of handling heightened expectations with Steven Stamkos, Marty St. Louis and Vincent Lecavalier flanked by a capable group of defencemen. No. 1 goaltender Dwayne Roloson turns 42, but showed no signs of slowing down in the playoffs.

Western Conference preview



Toronto Maple Leafs

They should be in the playoff mix if James Reimer plays as well as he did last season, when the unheralded goalie claimed the No. 1 job in the second half. Brian Burke thinks his team will be as good as any defensively, but it's unclear if there's enough talent up front to fill the net.



Chicago Blackhawks

Salary cap woes prompted a rebuild after their 2010 cup victory and the Hawks look ready to challenge again. The core of Jonathan Teows, Patrick Kane, Patrick Sharp and Marian Hossa up front remains. Added this summer was tons of toughness in Jamal Mayers, Sean O'Donnell and Dan Carillo.



Columbus Blue Jackets

The arrival of Jeff Carter from Philadelphia could make a potent top line with Rick Nash, and when new rearguard James Wisniewski finishes serving an eight-game suspension, it could make for a solid power play. Much will depend on unproven secondary scoring.



Detroit Red Wings

Stalwarts Kris Draper, Brian Rafalski and Chris Osgood are gone and Niklas Lidstrom turned 41 in April. But there is a reason they have not missed the playoffs since 1990 — their ability to renew themselves. Pavel Datsyuk and Henrik Zetterberg remain, with a fresh crop of youngsters.



Los Angeles Kings

The signing of star defenceman Drew Doughty to an eight-year contract should send an improving Kings team into the season on a high. The acquisitions of two-way centre Mike Richards and sniper Simon Gagne adds to a potent group including Anze Kopitar, Dustin Brown and Dustin Penner.



Nashville Predators

Goaltender Pekka Rinne and the first-rate defence pair of Shea Weber and Ryan Suter, along with savvy coach Barry Trotz took the Preds to the second round for the first time last spring. They have to try it again with top scorers, Sergei Kostitsyn and Martin Erat, each had only 50 points.



Washington Capitals

The top team in the conference two years running added to its arsenal in the off-season. Tomas Vokoun's arrival gives the Caps a proven veteran in goal and was accompanied with the additions of veterans Roman Hamrlík, Joel Ward and Troy Brouwer.



Colorado Avalanche

It's all about youth, starting with centre Matt Duchene who led the team with 67 points. Now top-pick Gabriel Landeskog is in the picture. It points to a bright future, especially with Paul Stastny and veteran Milan Hejduk to add offence. Goaltending remains a question mark.



Dallas Stars

Centre Brad Richards is gone and replacing the free agent's 77 points will be a challenge. It makes Mike Ribeiro a first-line centre of for the first time. There's extra support from Loui Eriksson and Brenden Morrow. They'll look for a step forward from 22-goal man Jamie Benn.



Edmonton Oilers

The ever-popular Ryan Smyth is back and his experience should be a boost to all the young talent the Oilers have amassed. No. 1 draft pick Ryan Nugent-Hopkins joins 2010 top pick Taylor Hall, Magnus Paajarvi, Jordan Eberle, Linus Omark and the future looks bright.



Minnesota Wild

Bold moves were made to land Heatley and Setoguchi from San Jose, but it cost Burns and Havlat, the team's co-leader in scoring with 62 points. Rearguard Cam Barker is also gone. The power play could improve with new wingers for star centre Mikko Koivu.



Phoenix Coyotes

Goaltender Ilya Bryzgalov has gone to Philadelphia and it will be Mike Smith in goal. It's not good news for a team whose best goal-scorer was veteran Shane Doan with 20. The good news was that Keith Yandle took another step toward becoming an elite defenceman.



Winnipeg Jets

For all intents and purpose, this is the same group of players that finished 12th in the Eastern Conference as the Atlanta Thrashers a year ago. It's going to take some time for general manager Kevin Cheveldayoff to turn this into a playoff team.

THE CANADIAN PRESS



Calgary Flames

Although he had back trouble in camp, captain Jarome Iginla showed last season he is not slowing with age with a 43-goal, 86-point season. He will team again with Alex Tanguay and perhaps prospect Mikael Backlund or veteran Olli Jokinen on a top line.



Anaheim Ducks

Much of the excitement comes from young blue-liners Cam Fowler and Luca Sbisa to go with rearguard Lubomir Visnovsky, who is coming off a 68-point season. Getting goalie Jonas Hiller back should also be a plus. Perhaps the best news was that 41-year-old Teemu Selanne is back.



St. Louis Blues

The Blues will see how much veterans Jason Arnott and Jamie Langenbrunner have left after adding their experience to a young roster. The defence duo of Kevin Shattenkirk and Alex Pietrangolo is a source of optimism, and they know goalie Jaroslav Halak will be great.



San Jose Sharks

The Sharks have had a maddening run of playoff disappointment, including losses in three conference finals, despite amassing 100 or more points in six of the last seven seasons. Acquiring Brent Burns and playmaker Martin Havlat bolsters their defence without giving up too much on attack.



Vancouver Canucks

The most significant piece gone from last season's first overall team is Christian Ehrhoff, their top scoring defenceman with 50 points. They still have size, skill and depth up front and remain one of the NHL's best — on paper.

THE CANADIAN PRESS

Spotlight shining brighter than ever

► All at key turning points of their careers, here are five NHLers surrounded by intrigue going into 2011-12

No one is pumping Roberto Luongo's tires now.

The Vancouver Canucks goalie was the most talked about — and skewered — player during a Stanley Cup final run that ended in disappointment and riots when he fell flat thru seven games against the Boston Bruins.

Four months later, Luongo finds himself back in the spotlight — will he be the player who earns Vezina Trophy consideration during the regular season or the one who endured some struggles in the playoffs?

With the 2011-12 season set to get underway tonight, Vancouver's most enigmatic athlete tops our list of five players to watch this year:



Roberto Luongo
VANCOUVER CANUCKS

Adding intrigue to Luongo's situation is the fact he has arguably the most capable backup in the league. Many believe Cory Schneider is good enough to be a No. 1 man and the Canucks intend to give him more than the 25 appearances he received last year. If Luongo struggles, it could be a lot more.



Drew Doughty
LOS ANGELES KINGS

The smooth-skating defenceman finally got a big contract out of the Kings, but now he'll have to earn it. The \$56-million US man is the highest-paid member of a team expected to challenge for a championship and will be playing catch up after missing almost two weeks of training camp.



Tomas Vokoun
WASHINGTON CAPITALS

Expectations are even higher than normal in D.C., where the veteran Czech goalie signed a bargain \$1.5-million deal for the chance to play for a Stanley Cup. The 35-year-old has consistently been one of the league's better goaltenders but has yet to win a playoff series.



Jarome Iginla
CALGARY FLAMES

The Flames captain has played all 82 games in five-of-six seasons since the lockout, but was hampered by back spasms during training camp. So far, Iginla hasn't shown many signs of age (he had 43 goals and 86 points last year) — can he fend off Father Time for another season?



Jaromir Jagr
PHILADELPHIA FLYERS

About the only guarantee that can be made about Jagr's return to the NHL is that he'll finally hit the 1,600-point barrier. Jagr needs just one more point to do it. But after three years in Russia, and at age 39, it's anyone's guess what the five-time scoring champion has left.

THE CANADIAN PRESS

It's Game Time! Here's what hockey-driven-Metropolitans have to say about the upcoming NHL season.

45% of Metropolitans are your red-blooded Canadian hockey fans – **15%** of those are the ones you'll see screaming at the TV or at ice-level wearing jerseys and body paint!

87% root for their home team

PRE-GAME RITUALS?

Here's what some of you do before the puck drops:

- "Call my dad"
- "Kiss my miniature Stanley Cup"
- "Wear my team's jersey"
- "Pray"
- "Grab beer and nachos"
- "Study stats"
- "Put on my lucky socks"

Which Canadian city should be next in line for a new NHL team?

- Quebec City 33%
- Hamilton 32%
- Toronto 19%
- Other 17%

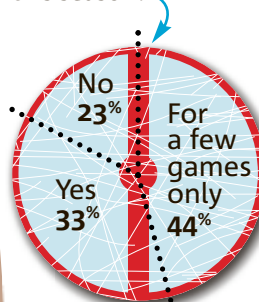
Is fighting an essential part of the NHL?

- Yes, it's part of the game 40%
- No, we have the UFC for that 60%

Do you think the Canucks will make it back to the Stanley Cup final?

- Yes 51%
- No 49%

Do you think Sidney Crosby will return to action this season?



Who's going to be the top rookie in 2011?

- Ryan Nugent-Hopkins, Edmonton Oilers 40%
- Ryan Strome, New York Islanders 24%
- Jussi Rynnäs, Toronto Maple Leafs 18%
- Jonathan Huberdeau, Florida Panthers 17%

Has Gary Bettman been a good ambassador for the NHL?

- Yes 18%
- Not in Canada 45%
- Not Anywhere 37%

Who do you think will win the Stanley Cup?

- Vancouver 16%
- Toronto 9%
- Montreal 8%

61% think 3 or 4 Canadian teams will make it to the playoffs this season

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

Source: Metropolitan Panel Survey; 336 Respondents; September 2011

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Metropolitan
Panel

MAJOR LEAGUE BASEBALL PLAYOFFS

DIVISION SERIES

All times Eastern
(Best-of-5 series)

AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)

(Series tied 2-2)

Last night's result

N.Y. Yankees 10 Detroit 1

Tonight's game

Detroit (Fister 11-13) at N.Y. Yankees (Nova 16-4), 8:07 p.m.

TEXAS (W) VS. TAMPA BAY (WC)

(Texas wins 3-1)

Yesterday's game

Texas 4 Tampa Bay 3

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)

(Series 2-2)

Last night's game

St. Louis 5 Philadelphia 3

Tuesday's result

Philadelphia 3 St. Louis 2

Tomorrow's game

St. Louis (Carpenter 11-9) at Philadelphia (Halladay), 8:07 or 8:37 p.m.

MILWAUKEE (C) VS. ARIZONA (W)

(Milwaukee leads 2-1)

Last night's result

Milwaukee at Arizona

Tuesday's result

Arizona 8 Milwaukee 1

Tomorrow's game

x-Arizona at Milwaukee, 5:07 or 8:07 p.m.

x — if necessary.

LATE TUESDAY

DIAMONDBACKS 8, BREWERS 1

Milwaukee	ab	r	h	bi	Arizona	ab	r	h	bi
C.Hart rf	4	1	1	1	Blmgst ss	4	2	3	0
Morgan cf	3	0	0	0	DHmdz p	0	0	0	0
Braun lf	3	0	0	0	Putz p	0	0	0	0
Fielder 1b	3	0	1	0	A.Hill 2b	3	1	0	0
RWeks 2b	4	0	0	0	J.Upton rf	3	0	0	0
HrstnJr 3b	3	0	1	0	MMntr c	3	2	2	2
Kotsay ph	1	0	0	0	Gldsch 1b	4	1	2	5
YBtncr ss	3	0	0	0	C.Young cf	4	1	1	0
Narvsn p	0	0	0	0	RRorts 3b	4	0	2	1
Estrad p	0	0	0	0	GParra lf	4	0	0	0
Lucroy c	3	0	0	0	Clmntr p	3	1	1	0
Marcn p	2	0	0	0	JMcDnl ss	1	0	0	0
Loe p	0	0	0	0					
Counsil ss	1	0	0	0					
Totals	30	1	3	1	Totals	33	8	11	8

Milwaukee 001 000 000 1
Arizona 201 050 00x 8
E—Hairston Jr. (1). DP—Milwaukee 1. LOB—
Milwaukee 5, Arizona 4. 2B—M.Montero (1).
HR—C.Hart (1), Goldschmidt (2). SB—
Bloomquist (3), C.Young (1).

Milwaukee	IP	H	R	ER	BB	SO
Marcum L,0-1	42-3	7	7	7	3	3
Loe	11-3	3	1	0	0	1
Narveson	1	0	0	0	0	3
Estrada	1	1	0	0	0	2

HBP—by Collmenter (Fielder).
Umpires—Home, Joe West; First, Bruce Dreckman; Second, Jeff Kellogg; Third, James Hoyer; Right, Alfonso Marquez; Left, Ron Kulpa.
T—3:01. A—48,312 (48,633).

CARDINALS 5, PHILLIES 3

Philadelphia	ab	r	h	bi	St.Louis	ab	r	h	bi
Rollins ss	4	1	2	0	Furcal ss	4	0	0	0
Utley 2b	3	1	2	1	Schmkr 2b	3	1	2	0
Pence rf	4	0	1	1	Theriot 2b	1	0	0	0
Howard 1b	4	0	0	0	Pujols 1b	4	0	0	0
Victorn cf	4	0	0	0	Brkmn rf	3	1	1	1
Ibanez lf	4	0	0	0	Motte p	0	0	0	0
Polanc 3b	4	0	1	0	Hollidy lf	3	2	1	0
Ruiz c	3	0	0	0	YMolin c	3	0	0	0
Oswalt p	1	0	0	0	Freese 3b	3	1	2	4
Blanton p	0	0	0	0	Rhodes p	0	0	0	0
Gload ph	1	0	1	0	Dotel p	0	0	0	0
Mrtzn pr	0	1	0	0	Salas p	0	0	0	0
Lidge p	0	0	0	0	Rzpczy p	0	0	0	0
Chamrs rf	0	0	0	0					
Jay cf	3	0	0	0					
Eljksn p	2	0	0	0					
Descals 3b	1	0	0	0					

Totals	32	3	7	2	Totals	30	5	6	5
Philadelphia	200	000	010	3					
St.Louis	100	202	00x	5					

E—Victorino (1). DP—St. Louis 1. LOB—
Philadelphia 4, St. Louis 3. 2B—Utley (1). HR—
Berkman (1), Freese (2). 3B—Utley (1). HR—
Freese (1). CS—Pence (1). S—Oswalt.

Philadelphia	IP	H	R	ER	BB	SO
Oswalt L,0-1	6	6	5	5	1	5
Blanton	1	0	0	0	0	0
Lidge	1	0	0	0	0	1
St.Louis						
E.Jackson W,1-0	6	5	2	2	1	4
Rhodes H,2	1-3	0	0	0	0	1
Dotel H,1	2-3	0	0	0	0	0
Salas H,1	2-3	2	1	1	0	0
Rzpczynski H,2	1-3	0	0	0	0	1
Motte S,2-2	1	0	0	0	0	1
HBP—by Oswalt (Holliday). WP—Salas.						
Balk—Salas.						
T—2:34. A—47,071 (43,975).						

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	32	11	9	12	47	40	45
Philadelphia	31	10	7	14	41	34	44
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	43
New York	32	9	7	16	49	42	43
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	37
Toronto	32	6	13	13	33	56	31
New England	31	5	14	12	35	51	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	32	18	4	10	46	25	64
x-Seattle	31	16	6	9	51	33	57
x-Salt Lake	31	15	10	6	43	32	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	36
San Jose	31	6	11	14	33	40	32
Vancouver	30	4	16	10	29	50	22

x — Clinched playoff berth.

Note: Three points for a win, one for a tie.

Tuesday's result

New York 2 Los Angeles 0

Tonight's game

All times Eastern

Salt Lake at Vancouver, 9:30 p.m.

Saturday's games

San Jose at New England, 7:30 p.m.

Philadelphia at Seattle FC, 10 p.m.

Wednesday, Oct. 12

FC Dallas at Chicago, 8:30 p.m.

D.C. United at Vancouver, 10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

WEEK 15

All times Eastern

Tomorrow's game

Winnipeg at Hamilton, 7:30 p.m.

Saturday's game

Calgary at B.C., 10 p.m.

Monday's games

Toronto at Montreal, 1 p.m.

Saskatchewan at Edmonton, 4:30 p.m.

NHL

REGULAR SEASON

Tonight's games

All times Eastern

Philadelphia at Boston, 7 p.m.

Montreal at Toronto, 7 p.m.

Pittsburgh at Vancouver, 10 p.m.

Tomorrow's games

Anaheim vs. Buffalo at Helsinki, Finland, 1 p.m

N.Y. Rangers vs. Los Angeles at Stockholm,

Sweden, 1 p.m.

Tampa Bay at Carolina, 7 p.m.

Ottawa at Detroit, 7 p.m.

Nashville at Columbus, 7 p.m.

Chicago at Dallas, 8:30 p.m.

Saturday's games

N.Y. Rangers vs. Anaheim at Stockholm, Swe-

den, 1 p.m.

Tampa Bay at Boston, 7 p.m.

Ottawa at Toronto, 7 p.m.

Philadelphia at New Jersey, 7 p.m.

Carolina at Washington, 7 p.m.

Florida at N.Y. Islanders, 8 p.m.

Nashville at St. Louis, 8 p.m.

Columbus at Minnesota, 8 p.m.

Dallas at Chicago, 8:30 p.m.

Detroit at Colorado, 9 p.m.

Pittsburgh at Calgary, 10 p.m.

Phoenix at San Jose, 10:30 p.m.

Buffalo at Los Angeles, 11 p.m.

Sunday's games

Montreal at Winnipeg, 5 p.m.

Pittsburgh at Edmonton, 9 p.m.

Monday's games

Colorado at Boston, 1 p.m.

Carolina at New Jersey, 1 p.m.

Minnesota at N.Y. Islanders, 1 p.m.

Calgary at St. Louis, 2 p.m.

Phoenix at Dallas, 6 p.m.

Tampa Bay at Washington, 7 p.m.

Vancouver at Columbus, 7 p.m.

Tuesday, Oct. 11

Florida at Pittsburgh, 7 p.m.

Minnesota at Ottawa, 7:30 p.m.

Wednesday, Oct. 12

Vancouver at Columbus, 7 p.m.

Vancouver at Philadelphia, 7:30 p.m.

Boston at Carolina, 7:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	2	0	.500	100	95
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Pendleton	1	3	0	.250	39	85
Indianapolis	0	4	0	.000	63	108

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	3	1	0	.750	84	77
Atlanta	2	2	0	.500	90	

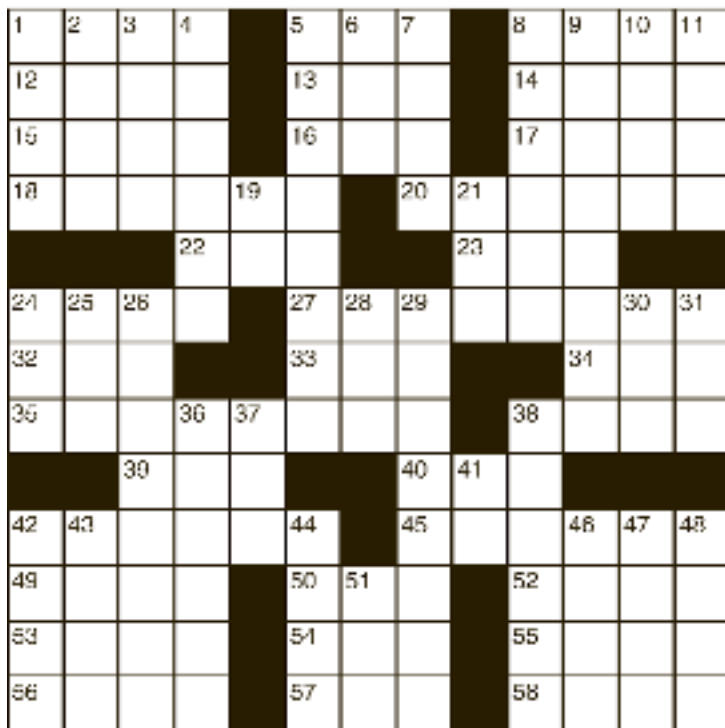
Crossword

Across

1 Engrossed
5 Old man
8 Rabbit's tail
12 Wrinkly fruit
13 Japanese sash
14 "My bad"
15 Let fall
16 Joker
17 — -tat-tat
18 Ohio city
20 Tailor, humorously
22 Frequently
23 Speck
24 Freeway access
27 Adverse
32 Hearty brew
33 Author Santha Rama —
34 Sundial numeral
35 Hat seller
38 Automaker Ransom Eli —
39 Pitch
40 Sine qua —
42 It had a big part in the Bible
45 Masticated
49 Famous cookie man
50 Egg-yung link
52 Made on a loom
53 New Zealand symbol
54 Coach Parseghian
55 Mat melody
56 Coastal flyer
57 Deterioration
58 Holler

Down

1 "Our Idiot Brother" star Paul
2 Taj Mahal city



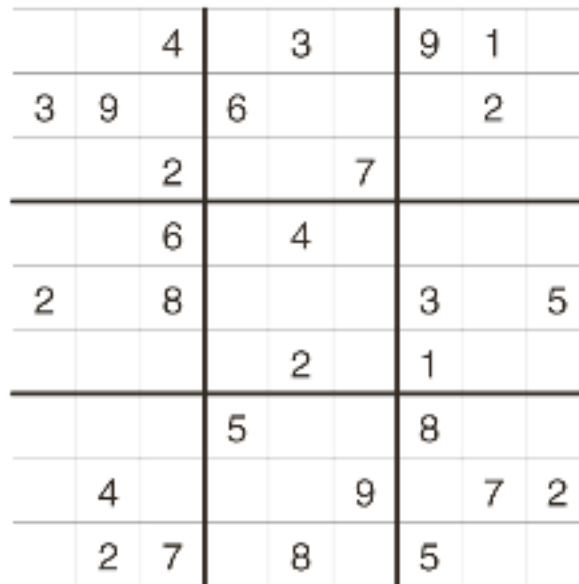
3 Tactic
4 Excellent
5 Business decline
6 Lawyers' org.
7 Uses a shovel
8 "Parting is such sweet —"
9 Man's jacket feature
10 Doing
11 Despot
19 "— Thee I Sing"
21 Fuss
24 Aries
25 Clay, today
26 Loss of self-control
28 Dundee denial
29 Traitor
30 Disencumber
31 Insult (SL)
36 Legendary TV pooch
37 Anger
38 Unilateral
41 "I see"
42 Croupier's tool
43 Eastern potentate
44 Somewhere out there
46 Had on
47 Maleficent
48 Transaction
51 Acapulco

gold

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	5	2	7	4	8	1	9	6
8	8	4	9	2	1	7	5	3
9	1	7	5	6	3	2	4	8
1	4	9	3	8	7	6	2	5
6	8	5	2	1	4	3	7	9
7	2	3	6	5	9	8	1	4
4	9	8	1	7	6	5	3	2
2	7	6	4	3	5	9	8	1
5	3	1	8	9	2	4	6	7

Today

13°/4°
Sunny

Friday

20°/8°
Sunny

Download WeatherEye to your smartphone.

TWN incorporates MSC data.

Today's horoscope

♈ **Aries** March 21-April 20 Mercury close to Saturn in your opposite sign means there's no pleasing those who don't want to be.

♉ **Taurus** April 21-May 21 Your list of things to do may be longer than your arm but so what? Don't put extra pressure on yourself.

♊ **Gemini** May 22-June 21 Mercury, your ruler, urges you to be honest about your feelings. Nothing must be hidden.

♋ **Cancer** June 22-July 22 Certain people may frown at your behaviour today, only because they're jealous of your carefree attitude.

♌ **Leo** July 23-Aug. 23 You may experience a loss of confidence today but it will pass, so there is no need to get yourself worked up about it.

♍ **Virgo** Aug. 24-Sept. 22 Something to do with money has been causing you a few sleepless nights but there is no reason to worry.

♎ **Libra** Sept. 23-Oct. 23 You have courage, confidence and bags of energy. So why are you not putting it to better use?

♏ **Scorpio** Oct. 24-Nov. 22 If someone wants to wallow in self-pity that's fine, but decline in joining the "woe is me" party.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21

Your dreams and wishes can come true, but you've got to believe. You're always a winner in life.

♑ **Capricorn** Dec. 22-Jan. 20

Do you bask in success or do you build on it? That's up to you.

♒ **Aquarius** Jan. 21-Feb. 18

One or two doubts may creep in over the next 24 hours. Ignore them, they're illusions.

♓ **Pisces** Feb. 19-March 20.

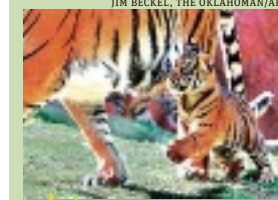
Don't overreact to setbacks and don't give up on a creative endeavor because you are not sure of its outcome. ● SALLY BROMPTON

Caption contest



SERGEI GRITS/ THE ASSOCIATED PRESS

JIM BECKEL, THE OKLAHOMAN/AP



JIM BECKEL, THE OKLAHOMAN/AP

JIM BECKEL, THE OKLAHOMAN/AP

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